

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

THE GLORIOUS WEST

Mrs. Doris W. Neilson has not been dazzled by the splendours of Ottawa, or numbed by the tragic events of Europe into forgetting the platform on which she was elected to Parliament, of the men and women back home whose problems are so near to her heart.

In her maiden speech in the House of Commons, she made a touching plea for these people of the west, once self-supporting, independent and happy, but now victims of economic depression and drought — facing insecurity, fear of the future, heartbreak and hopelessness. She spoke of the demoralizing influence of relief, the great difficulty in getting medical care; schools closed because they could not afford to put teachers in care; she spoke of frustrations, loneliness, "hunger which is not of the belly kind," because there are no books, no magazines, no contacts with a cultured, leisured world.

We have all read of the plight of the miners in Wales, of the sordid poverty of the tenant-farmers and share-croppers of the Southern States, and we have heartfelt sympathy for them. But, probably, no one before has brought to our attention quite so forcibly, the hopeless condition of families living in our own Dominion, — families who each spring, with fresh courage, plant their crops, only to watch them shrivel and die, as day after day bright, sunny, rainless skies spell drought, the greatest enemy of the west farmer.

To many of us the glorious west with its wide, open spaces and bracing air is synonymous with courage, fearlessness and gallantry — a tradition justified by the reports coming to us daily, of the daring and heroism of young men from out of the west, serving with the R.A.F. in England and France.

It seems all the more tragic then, that even a few of a people capable of serving so well, are denied the ordinary things that make life worth while, in a land of overflowing abundance.

Democracy implies freedom — personal freedom of thought, action and speech, freedom of spirit; but democracy also implies responsibility — responsibility for the not-so-well-endowed, for those who are victims of circumstances of changed conditions, for which they themselves are directly responsible. Democracy implies co-operation for the common good. Every man who demands liberty of action, rights and privileges should be prepared to act as a responsible citizen, and be prepared to defend those liberties from within as well as without. Freedom is not something you get free. It is something you have to earn and be worthy of.

Mrs. Neilson's appeal to Parliament, for a constructive policy in dealing with the large group of poverty-stricken, dispossessed farmers in her district, and other drought-stricken areas in the west, makes us realize how inconsistent it is for us to send our young men to Europe to fight for democracy, while at home poverty is spreading its subversive influence in many areas.

Most of us will agree with our only women member of the House of Commons, when she says that it is a reflection upon us as a nation, to let human beings wither and die in our glorious west, when all around them is plenty.

LET ME REMIND YOU

Not once or twice in our rough island story, the path of duty was the way to glory. —Lord Tennyson

LOOK UP AND KEEP BUSY

Whatever the faults of democracy, and there are many, we are all to blame. If Canada points the finger at England, and berates her for her complacency in 1914's past, and lack of vigour in preparing for eventualities, United States likewise points her finger at Canada, and rightly so, for our apathy towards the menace threatening us. In turn we all may feel that Americans are slow in awakening to the wide implications of the swift and terrible march of events.

However, whatever the mistakes of the past may have been, they cannot be altered now. As we stand here, and all we hope to be is at stake, and this is the time for post mortems. We must go on from to-day. Cynicism and defeatism will not help. Letting events get us down will not win a war. We must LOOK UP and KEEP BUSY.

You will find that the gloomiest people are those who are idle. Therefore do something, anything that will bring closer the day of ultimate victory. This war will not be won without the greatest of effort and sacrifice. We cannot turn back. We must go forward, if we are to hold on to our way of living, our traditions, and our beliefs. We may realize the consequences of defeat, but let us not lose sight of the victory that must at any cost be won.

The crisis is too acute, the stakes too high for the luxury of self-pity. Action is needed — the concerted action of all to defend our common heritage. Action gives confidence, confidence gives courage; courage gives hope and faith. With action and courage and faith we cannot lose! Look up and keep busy.

BOOK REVIEW

Other Gods by Pearl Buck

After reading Pearl Buck's stories of Chinese life some readers may feel slightly disappointed in her first American story, which deals with the American capacity for hero-worship, and the great wrong it does to its victims.

The story opens on a lofty peak on the Himalayas, where a young American has just gone to the top in a brilliant dash. It shifts, briefly, to Peking, where he meets Kit Tollant, the daughter of an old and honored family. Married quickly, they sail home to America, which goes wild with acclaim for its newest idol.

Bert Holme is a simple, athletic type, a hapless human being, who by a mere chance has been made a god. His ordinary life among men is taken from him and he becomes a slave to the adulation of the crowds. His wife who finds she has married "Public Hero No. One" unawares, begins to despise him, but she is convinced she can expect no separate destiny of her own, and that she must live up to what is expected of her to keep the fans from being disillusioned.

One of the most interesting sections of the book tells vividly of the journey through India and Tibet. Its hardships and tragedies and the conquest of a great mountain.

Pearl Buck has a deep understanding of the human heart, and a way of making her characters at once unique and universal.

NEWS ABOUT FOOD

A WARM WEATHER DRINK

Nothing is more refreshing in hot weather than a long, tall drink of fruit juices with ice-cubes tinkling. Just to look at it makes you feel cooler.

Here is a basic recipe for a drink which may be kept stored in the refrigerator.

3 pints water Bring the water and sugar to a boil
5 pounds sugar to make a syrup. Add the lemon juice
6 lemons and grated rind, and the tartaric and
juice and rind citric acid. Let simmer 5 minutes,
1 ounce tartaric acid strain and cool.

1 ounce citric acid To serve, add water to taste and any fruit juices you may have on hand. Besides orange juice, grapefruit juice or pineapple juice, I like to add the surplus juice from fruits I have preserved, such as cherries, raspberries, strawberries, plums, peaches, etc. In this way you may vary it from time to time as the season goes on.

THE SALAD BOWL

Not everyone is privileged to watch the first shoots of green coming through in a vegetable garden, but signs of spring in city markets are bunches of crinkly, fresh lettuce, crisp, red radishes, little white scallions, green cress and tender asparagus tips. There are a few points to be remembered in creating a salad from these fresh foods:

1. Greens should be dry, crisp and cool.
2. The dressing should be thoroughly chilled and added just before serving.
3. If other ingredients are used, they should be cut in attractive little pieces.
4. A green salad should be lightly tossed with a fork, not stirred. A variety of greens may be used. Lettuce is

of course the common one and green leaf lettuce has more flavour and food value than the bleached varieties. Chinese cabbage, watercress, endive, young shoots of Swiss chard, beet tops, spinach and delicate garden cress are all excellent salad greens. The variations are innumerable. Sliced radishes, scallions, raw or cooked asparagus, strips of celery and carrot, cubed potatoes, hard cooked egg, crumbled cheese, bits of cooked meat or flaked cooked fish may be blended with any green salad. The amount of these ingredients should be small in proportion to the greens to keep the salad of the crisp rather than heavy type.

Some special salad recipes are recommended by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

O.A.C. Course to Assist Ontario Women in Canada's War Effort

The Canadian Medical Association in executive session in Toronto approved plans for two special wartime emergency courses at Ontario Agricultural College, Guelph, designed to equip Ontario women to assist in Canada's war effort.

One course will teach nutrition to 150 women selected from towns and cities, across the province, so that on their return to their own communities they can demonstrate to housewives how to prepare wholesome meals at low cost. This course will have the joint approval of the medical body, the Ontario government, which has made the agricultural college available during July, and the Red Cross, which will select the women, assisted by public health nurses, the Victorian Order of Nurses, and alumnae of the School of Household Science. Life insurance companies operating in Canada will assist financially.

The other course, to be held at the same time, will teach 450 younger women how to care for the refugee children which governments expect soon will arrive in Canada in ever-increasing numbers. It will be open to any woman who wishes to attend, as distinguished from the first course, for which only one or two women from a community will be accepted.

If Canada is to become the pantry for war-torn Europe, more of our women-folk should know how to get the most in health out of our foodstuffs. We have an ample supply of food in Canada for our own needs — but who knows how soon we shall be required to share our stocks with our allies in Europe, which many authorities believe is even now threatened by widespread famine? We must not be unprepared for any emergency," explained Dr. T. C. Routley, general secretary of the Canadian Medical Association.

Dr. G. I. Christie, president of O. A. C., felt that Europe faces early famine and that Canada must be prepared to ship abroad large amounts of food-stuff, in addition to caring for thousands of refugee children. That is why both courses will feature food conservation in all its various aspects, cooking, canning and avoidance of waste in preparation. In illustrating the need for this instruction, he pointed out that in Europe cooks had up to 30 per cent shrinkage in food-meats by former methods. At O.A.C. we are learning methods which keep waste to a minimum.

"I personally am fearful that both the Allies and our enemies will be starting in the next few months. There will be no crop this year in Holland, Belgium, northern France and Italy. Our navy will prevent grains with which to feed livestock from reaching Denmark. In Germany, the extreme cold of last winter spoiled enormous quantities of vegetables in pits and the canned goods kept in reserve are already being eaten by the Nazi army. That is the development, in my opinion, which drove Hitler in risking everything on a single knockout blow. His food is nearly gone and he knows that Canada can ship abroad to our Allies," stated Dr. Christie. Italy, he added, was always in a semi-starvation condition, so could spare no crop surplus to help Germany.

"Is it possible for our prosperous Dominion to sit idly by in the midst of starving nations? I tell you, it can't be done," declared Dr. Christie, who, as assistant U. S. secretary of agriculture in the last war, helped Herbert Hoover feed Belgian refugees. "We'll have to share our food. We can't wait until next January either. We'll have to prepare now."

"Never before have Canadians faced such a situation. In the last war we sent aid across the ocean. We'll have to do that again, but, in addition, we're having our responsibilities in the form of refugee children brought right into our homes. And these children can't be cared for idly by folk. It's a ten year job on our young people," warned Dr. Christie.

The nutrition course, for which 150 women will be picked by their local Red Cross branches, will be based on the information in "Food for Health and Peace" and prepared by the Canadian Medical Association to protect Canadian families against the diseases which so often weaken nations in wartime. The book is being distributed to 1,500,000 Canadian homes with the aid of Red Cross and life insurance companies. Called "war nutrition" and "nutrition for peace," it will emphasize practical instruction and actual demonstration in the cooking laboratories at Guelph, so that those taking the course will be qualified to go back to their home towns and show other women advanced methods of cooking and meal planning drawn up by Dr. Christie's staff and medical men.

Cooking has been included in the course for taking care of refugee children, but it will be taught less intensively. Other subjects, however, will include sewing so that used garments can be made over for the little strangers, gardening, and several phases of child-rearing.

There will be no charge for the courses, the only cost to the applicant being a flat charge of \$2 for room and board at the college, plus transportation to and from Guelph. Courses will last four weeks, beginning July 2nd.

Lettuce Roll Salad
1 package cream cheese
1/4 cup ground cooked ham.
2 tsp. chopped pickle
Mayonnaise
6 large lettuce leaves
Mash cheese and mix thoroughly with ham and pickle. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into one-inch lengths and place three or four of these rolls on a leaf of lettuce. Serve with Boiled Dressing.

HEALTH

HAY FEVER

Hay fever can be cured. The larger number of cases are caused by pollen from windborne pollinated plants, including certain grasses, weeds, especially ragweed, and trees. Flowering plants such as the rose, dandelion and goldenrod cannot be blamed. Certain foods, powders, animal dandruffs and feathers may act as causes.

But everyone does not contract hay fever. It occurs in persons with an inherited sensitivity to one or other of the causes. Over 80 per cent of persons who suffer from hay fever or asthma have inherited a sensitivity to the various agents.

Chief Causes:
(1) Grasses such as timothy, red top, blue grass and others.
(2) Trees such as the cottonwood, oak of many species.

(3) Weeds, of which the chief offender is ragweed. It is said that 70 per cent of all hay fever victims in America owe their trouble to common ragweed and related species.

Hay Fever Seasons: Grasses and trees as a rule, cause attacks in the Spring and early Summer, whereas weeds are the cause of late summer and early Fall attacks.

In Canada, the common ragweed, the chief offender, is found at its worst in the southwest peninsula of Ontario, and almost equally so in the rest of settled Ontario and Southern Quebec. Throughout the sparsely settled North, from Gaspé to Rainy River and even on the open prairie, the ragweed found is usually the related perennial ragweed of the West or the great ragweed both of which occur rather sparingly eastward. Relief depends on:

(1) Getting beyond the bounds of the plant to which the individual is sensitive or
(2) Having determined what pollen is responsible, submitting to desensitization with the appropriate pollen

CANADIAN FRESH FRUITS VEGETABLES, NOW PLENTIFUL

For the next few months Canadian grown fruits and vegetables from several parts of the Dominion will be moving into the markets at their best and cheapest.

Crops of strawberries grown in British Columbia are going to cities and towns in the Prairie Provinces and limited supplies of raspberries are on the move from British Columbia. So, too, are cherries, new potatoes and green cabbage.

In eastern Canada strawberries from southern Ontario are now available in quantities and from the middle of June until toward the end of the month will be plentiful from commercial growers in other parts of the province. The crop in the Maritime Provinces will be on the market about the end of June and the early days of July under normal weather conditions. Ontario raspberries will be abundant during the second and third week in July. New potatoes from southern Ontario and the Niagara district will be on the market before the end of June.

Though excessive rainfall and cool weather delayed development of all fruit and vegetable crops during May, the recent warm weather has prompted rapid growth and has largely offset the delay. On the whole crops of fruit and vegetables referred to are well up to the average of recent years. It is expected more home preserving or canning of fruits and vegetables will be done this year.

A WINDOW

I'm glad I have a window
By-side my desk, where I
Can catch a glimpse of glided clouds
That chance to wander by,
And pay with silver seconds
For day dreams drifting high.

—Beatrice E. Godby.

FAD FADES

One thing to be thankful for: that Confucius' say' stuff has come and gone. — Thomas Times-Journal.

Wood for Sale

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—Georgetown J. BRANDFORD

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Special—Harry Horne's Powdered

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Damson Jam 32-oz. jar **25¢**

Special—Aylmer Golden Corn

KERNELS 2 16-oz. tins **19¢**



Christie's FRUIT

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Christie's DATE

SANDWICHES pkg. **15¢**

McLaren's Pinocchio

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Soup Cereal pkg. **10¢**

Small Apple Blossom

BISCUITS lb. **15¢**

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BACON 1-lb. pkg. 25¢

Mother Parker's

TEA 1/2-lb. pkg. **32¢**

RINSO Soap Powder

pkg. **9c, 23c, 45c**

OLD DUTCH

Cleanser tin **9c**

IVORY Flakes

lg. pkg. **23c**

WOODBURY'S

FACIAL SOAP 2 cakes **15c**

LEMON OIL

Hawes' Bd. **14c, 23c**

Special—Aylmer Tomato

CATSUP 8-oz. bel. **7c**

Very Special—Victory Sweet

GHERKINS 27-oz. jar **23c**

Special—Carroll's Pure

Peanut Butter 2 lbs. **25c**

Special—Libby's Deep Brown

BEANS Regular or Kidney 3 16-oz. tins **25c**

Special—For Summer Desserts—Durham

Corn Starch 1-lb. pkg. **9c**

Special—H. O. Powdered

AMMONIA 3 pkgs. **13c**

Bananas Golden Ripe 3 Pounds 25c	Tomatoes Fresh Texas 2 Pounds 25c	Oranges Good Size 28c Doz.	Lemons Large Size 28c Doz.	Grapefruit California 5c each
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