

TIMELY TOPICS FOR WOMEN . . .

By **Barbara Baines**

NO MORE SILK STOCKINGS FOR CANADIAN WOMEN!

Many of the world's best-dressed women are today giving most of their time and thought to far more serious things than the clothes they wear. But for decades stockings have loomed very large in the life of most women. A survey made a couple of years ago showed that the average business girl in America spent more on silk stockings than she did on hats, or purses and gloves, or lingerie, and almost as much as she did on shoes.

But the fine silk hose to which we have so long been accustomed, are a luxury in time of war. In more than one famous Riviera resort, resplendent in happier days with the latest fashions, society women now clatter down the streets stockingless, in wooden shoes.

In Britain women have, of necessity, to dispense with all frills, and for six months now the sale of silk hose has been banned entirely. Women in uniform are required to wear stockings which are now of cotton or lycra, but many women are going stockingless, to save coupons for more important items of clothes. As a result of this bare-leg fashion there has been a boom in women's slacks, which are now worn in offices, department stores, and on the streets as well as in the factories.

Britain has available, however, some fine hosiery yarns of cotton and rayon which make very good substitutes for silk, and recently, due to a new discovery, rayon for stockings, underwear, and knitted goods is being made from seaweed, of which there is an almost inexhaustible supply around the Hebrides, to be had just for the picking. It is non-inflammable and cheap, and besides saves shipping space for more essential raw materials.

The December budget sounded the death knell to silk stockings in Canada, too, at least until the war is over. Beginning March 1st Canadian hosiery mills were required to reduce the amount of silk used by 25%, and on June 1st by a further 50%. Mills with all silk hose on hand were asked to reserve them for export sale, to add to the supply of much needed foreign exchange.

And now the mills are faced with the problem of how best to provide hosiery of substitute materials, that will be acceptable to the wearers. Nylon, the latest of chemical wonders, manufactured from a base of coal tar, makes sheer, fine hosiery that most women enjoy wearing, but it is scarce. The yarn used is imported from the United States, and therefore restricted; and the new Canadian mill, being built at Kingston to produce this artificial fabric, will not be in full production until the beginning of the year. And even then all nylon may be requisitioned for parachutes.

And so the mills have to rely upon using an increased proportion of cotton and rayon. At first hose were made with pure silk legs and the tops and feet, which do not show, of cotton. Now they are making stocking legs of "composite yarns," that is yarn in which fine filaments of real silk are twisted with filaments of rayon, and the tops and feet of cotton.

If you have been shopping for hose recently you will have seen them in the stores. Naturally they do not compare with the beautiful silk hose for which Canada was justly famous, but still they are quite attractive in appearance, and reasonably serviceable. Care must be taken, however, when washing them. Silk is as strong when wet as when dry but not so rayon. So they should be handled gently, and are best dried by patting them in a towel.

Canada has all the raw materials essential to the manufacture of rayon thread, and we are fortunate to have a textile industry sufficiently well developed to meet the requirements, so Canadian women will not be forced to adopt the stockingless fashion.

The primary need of the government in placing restrictions on the manufacture of silk hose is the urgent need of conserving the available supply of silk for use in the war industries, and in addition, to curtail expenditure on goods of the luxury type, and to conserve foreign exchange.

Canadian women will miss their beautiful silk hose, and yet it is not so many years since only the very wealthy wore silk, and the rest were well-content with cotton stockings in summer, and woolen ones in winter. We are fortunate to be able to obtain such fine substitutes, and a year hence the women wearing silk hosiery will in all probability, be shunned as being selfish and unpatriotic.

THE NATION'S HEALTH

Women have an important job to do today—and the job is to make the nation strong. Let men take care of the guns and planes, sail the seas and fight the battles. But women's first job, is to build health and physical fitness, and the social well-being of our people.

In the early days it was thought sufficient if man got enough food to keep him from being hungry. Then a generation or more ago it was discovered that foods were divided into proteins, carbohydrates, fats and minerals, and that an adequate supply of each was needed for good health. Eating was looked upon as stoking a furnace, food was merely the fuel. It was evaluated in terms of heat units as are coal and wood.

Today the feeding of human beings is looked upon as one of the most exacting of sciences. Food research in college and commercial laboratories has shown some startling results.

First there was the discovery, one by one, of the nine essential vitamins, and their effect on the body functions, from the clotting of blood to sterility. Perhaps the most important of these is B-1 or thiamin. The British government believes its effect, in increasing the stamina and endurance of both troops and civilians, to be so important that it has decided to spend \$60,000,000 annually to add B-1 to white flour.

Research has found that B-1 cannot be stored in the body so the supply has to be renewed constantly; it is not found in refined foods; it is a nerve tonic and lack of it causes paralysis, neuritis, constipation and other ills.

Raw fruits and vegetables are the chief source of the vitamins so vital to good health. Food experts are finding, however, that the vitamin content of any fruit or vegetable may vary greatly. The species, the growing conditions, and the soil all effect the vitamin crop. Poor methods of processing and preserving of foods also depletes the supply of vitamins. One authority states that, because of poor marketing conditions, and waste in home kitchens, the loss of vitamin content in cabbage studied was as high as 75%. Moral, cook vegetables in a small amount of water, for a minimum length of time, and use any liquid left for sauce or soups.

Vitamin A is found chiefly in the green and leafy vegetables, and the thinner the leaves and greener, the higher the vitamin content. Some of the least known vegetables, such as kohlrabi, okra, zucchini, fava beans, Swiss chard, etc are very rich in vitamins.

Malnutrition as you all know is not lack of food, nor is it limited to families with small incomes. It may occur in any family where food habits are governed by luxury and customs alone. Today most homemakers are diet conscious. They know that vitamins play an important part in good health and physical vitality, and lack of them may explain many bodily ills. Many women keep a vitamin chart hanging in a conspicuous spot in their kitchens, a chart which shows the source of the various vitamins, and the amount of each required in the daily diet, and the best method of preparing and cooking foods to prevent undue loss of vitamins.

LET ME REMIND YOU

A bad man is wretched amid every earthly advantage; a good man, troubled on every side, yet not distressed; perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed. —Paulo

BOOK REVIEW

"RESTLESS ARE THE SAILS" BY EVELYN EATON (Mussion, 348 pp., \$2.75)

Evelyn Eaton, a Canadian author, sky-rocketed to fame when an earlier novel, "Quietly My Captain Waits," became a sensational best-seller last year. "Restless Are the Sails" is also a stirring yarn, full of action and adventure, intrigue and romance, but it does not quite come up to the level of her earlier book.

The story is centred around the siege of Louisbourg in 1745, and many historical facts and characters are authentically presented. Paul de Morsplan, a young Frenchman taken prisoner of war by the British in New England, is the leading character.

Plans to take Louisbourg, the gateway to New France, leaked out when an over-sealous preacher was overheard loudly taking the matter up with Providence. Paul decided to risk a 500-mile trip in a small stolen boat in winter to warn his people of their danger. He is accompanied only by Randy, an English boy of good family who had been trapped, after suffering great hardships, their boat is wrecked off Cape Sable.

They are rescued by a beautiful young convent-bred Indian girl, but Randy dies of exposure. Paul and the girl meet a party of Micmac Indians, led by the Abbe de Bourne who insists that they be married. She is wounded and Paul is forced to leave her behind.

When he at last reaches Louisbourg, Governor Shirley refuses to heed his warning. Paul persists in his efforts to convince him, but when the British come they find the French quite unprepared and Louisbourg falls.

INTERNATIONAL UNIFORM Sunday School LESSON

THE RESPONSIBILITY OF THE CHURCH REGARDING BEVERAGE ALCOHOL

SUNDAY, JULY 20th, 1941

GOLDEN TEXT: "Ye are the salt of the earth." Matthew 5: 13.

LESSON PASSAGE: 1 Corinthians 5: 9 - 13; Titus 2: 1 - 8.

Lord of our life, and God of our salvation, Star of our night, and Hope of every nation, Hear and receive Thy Church's supplication, Lord God Almighty.

Wartime Methods

Another quarterly temperance lesson. Shall we regard it with distaste or face facts realistically as Canadian citizens? The theme is "The Church's Duty in Regard to Liquor." First let us record what is being done. A nation-wide campaign is being conducted for voluntary total abstinence for the period of the war and demobilization. Hundreds of thousands of people have signed declaration of purpose cards to this effect from motives of patriotic service. A year ago a delegation went to Ottawa asking for wartime restriction of the sale of liquor and this request is being followed up by a larger deputation. There has been an encouraging co-operation among the denominations in this project. Speaking before the joint Empire and Canadian Clubs in Toronto, Cardinal Villeneuve, head of the Roman Catholic Church of Canada, made a frank declaration before business and professional men, of the need of total abstinence as an aid to national efficiency in the present crisis.

Temperance Education

Few people are aware of the amount of temperance education that is being carried on by churches and religious temperance organizations. For many years there has been a quarterly temperance lesson in the Uniform Lesson series. Graded Lessons have also carried temperance materials. Young people's organizations have had temperance courses as units of study. Illustrated Sunday School papers and church journals provide much information. In Canada the Religious Education Council of Canada sponsors annually five weeks' course taught in Sunday Schools. The Woman's Christian Temperance Union conducts examinations on these courses and awards prizes. A Training School is held each summer for leaders in temperance education. Various church courses have recently published strong statements dealing with the liquor problem. Does all this work produce results? One obvious answer is that it requires much advertising and social pressure to induce people to drink. Three people out of every four are total abstainers. Those who use beverage alcohol are a minority.

Christian Fellowship

Indirectly the churches are doing much for temperance. Christian education is the best temperance education. To create a love for the worship of God, an interest in the teachings of Jesus and a desire for fellowship with Christians is a safeguard against the appeal of social drinking. A man who has given years of study to the liquor problem states that he finds far more gladness and happiness in church groups than in drinking places. Sunday School picnics, parent and child banquets, choir concerts have mirth and good fellowship that eclipse the temporary gaiety of drinking places. Those who really find God do not want gin.

Redemptive Work

Even the drinkers expect the church to help them. Confirmed and defeated alcoholics frequently turn to a minister or a priest. Chronic addicts should be treated as patients and cases. They are sick, physically and mentally. One never attempts to cure a cancer patient by scolding. The customary state procedure of locking up drinkers is not efficient, judging by the number of repeaters. Taking a cure in an institution has given release to many drinkers but the percentage of permanent cures is small. In the light of the total number of alcoholics it is said that not over five per cent. of alcoholics are cured. There is a higher percentage of cures from leprosy than from alcoholism. Medical science, psychiatry, and religion must work together to protect and reclaim the men and women who are allergic to alcohol. At least three out of every ten drinkers are definitely in danger.

The Name on the Forehead

"Be under no illusions. You shall gather to yourself the images you love. As you go, the shapes, the lights, the shadows of the things you have preferred will come to you, yes, inveterate."

The rest of the story is without historical basis. Paul who has fallen in love with the Governor's daughter, Anne, is about to marry her when his Indian wife and son turn up. He escapes the British, turns pirate, but is wrecked after taking an English ship. But the happy ending comes when at last in France, he and Anne are reunited.

A COLD PLATTER FOR THE PORCH SUPPER

Summertime is playtime, the time for relaxation and leisure. It is the season when simple, tasty foods served in the garden or on the porch are more appetizing than the most elaborate formal meal. Perhaps the easiest sort of porch meal is the cold platter, and how tempting it can look. Here are some suggestions.

At one end of a large platter place a mound of your favorite salad in a nest of lettuce. You may like potato salad; or a cabbage, beet, or green bean salad; or a mixed vegetable salad; or perhaps you would prefer a jellied vegetable mould. At the other end arrange cold cuts, devilled eggs, friend chicken, or what ever meat you happen to have, on lettuce, endive or watercress. Then garnish the platter with sliced tomatoes, sliced cucumber, celery curls, radish roses and green pepper rings, fresh and crisp from the ice-box.

Serve with plenty of French dressing or mayonnaise, and rolls or rye bread. Fresh fruit or ice-cream and cookies, and a hot or iced beverage will round out the meal.

CARROLL'S

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 Rinso gives the whitest wash and keeps colors bright. Package 10c, 23c, 46c	 Enjoy a cooling, refreshing bath with Lifebuoy. 2 cakes 11c	 A daily "dip" in LUX keeps undies fresh, dainty. Package 10c and 23c	 Hollywood's whipped cream leather beauty care. 2 cakes 11c	 Sunlight gives the sweet smell of natural cleanliness. 4 bars 22c
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COFFEE 49c

Maxwell House, Drip or Regular 1-lb. tin	49c
SLICED PINEAPPLE Norris 16-oz. tin	16c
Springtime Blossoms Weston's Biscuits 1-lb.	21c
RICE KRISPIES Kellogg's 2 pkgs.	23c
SHREDDED WHEAT 2 pkgs.	23c
KELLOGG'S Bran Flakes 1-pkg.	10c

PEARS 25c

Choice Dessert 3 15-oz. tins	25c
Van Camp's Tomatoes 2 No. 2 1/2 tins	25c
EAGLE BRAND MILK Condensed tin	19c
Macaroni or Spaghetti 4 lbs.	17c
FRY'S COCOA Try it lead tin	19c, 31c
DOMESTIC SHORTENING 1-lb. pkg.	15c

PRUNES 2 15c

Hellmann's Home Style Dressing jar	18c, 47c
DATE SANDWICHES Christie's pkg.	15c
COCOANUT MADEIRA Christie's Bar	each 15c
GINGER ALE Cataract Dry, Contents only 1-lb. bot.	10c
KKOVAH Jelly Maker 2 pkgs.	25c

Vinegar 2 25c

Heinz for Salads 2 16 1/2-oz. bot.	25c
TOILET TISSUE Bon Ton 9 rolls	25c
P. & G. White Naphtha SOAP 5 bars	19c
IVORY SNOW Large package	23c
OLD DUTCH CLEANSER tin	10c
WILSON'S FLY PADS 3 pkgs.	25c

Oranges 21, 27, 39¢ doz.	HOMEGROWN TOMATOES 1-lb. 15c
SUNKIST GRAPEFRUIT 5 for 25¢	NO. 1 COOKING ONIONS 1-lb. 5c
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No. As year adds to year, that face of yours, which once, like an unwritten page, lay smooth in your baby crib, will take to itself lines, and still more lines, as the parchment of an old historian who jealously sets down all the story. And there, more deep than acids etch the steel, will grow the inscribed narrative of your mental habits, the emotions of your heart, your sense of conscience, your response to duty, what you think of your God and of your fellowmen and of yourself. It will all be there. For men become like that which they love and the name thereof is written on their brows. There is one revelation of you which must be made. "Must."

Questions for Discussion

1. How many temperance sermons have you heard in the last ten years?
2. Where do you fear alcohol most, on highways, in industries or homes?
3. Why are liquor profits increasing in wartime?
4. Should youthful purchasers of liquor be asked to show their national registration cards?
5. Have you ever reclaimed a drunkard?

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