

TIMELY TOPICS FOR WOMEN

By Barbara Baines

HOW GOOD ARE YOU AT HOME REPAIRS?

There, perhaps, was a time when "the little woman" was pretty helpless when confronted with one of the minor disasters which are bound to occur in the best-run home.

Today the picture has changed. Women are fast learning how to fix a leaky tap, repair an iron chord or mend a broken chair. Jobs that once looked pretty complicated hold no terrors after you have taken a mechanical course or learned to run a precision machine in a machine plant.

Anyway women seem to possess a natural aptitude for tools when they are given a chance to use them, and so they should, for generations they have been taught to use their hands. It is fortunate because with so many men in the armed forces or working overtime, women are being forced more and more to depend on their own skill to do minor repairs and keep the household wheels running smoothly.

Do not be surprised when you walk in some day to find Mrs. Average Housewife faced a clogged drain-pipe or a spluttering radiator, or a stubborn spring machine, or even building a new cupboard, or mending a window screen, or re-upholstering a worn chair.

There is doing a useful war job too, because as the WPTB says she is "promoting the conservation of critical materials and labour through the proper care and repair of household equipment."

IT IS PATRIOTIC TO BE THRIFTY

We, in this country, have been known for our wasteful way of living but war is teaching us thrift. Here are some wartime tips for the housewife.

BREAD: Serve your family vitamin bread. Canada-approved bread and flour have been on sale since April in all parts of the country, and have been officially adopted as regular fare for all Canada's fighting forces.

CANNED GOODS: It is unpatric to use canned goods at this season of the year when there is an abundance of fresh fruits and vegetables available. There is a growing scarcity in both glass and tin containers and what supplies there are on hand should be saved for the preservation of foods for winter use.

BUTTER: There is no shortage of butter yet, but the WPTB urges housewives to cut consumption wherever possible. First, because we must share the available supply with Britain, and secondly because the government has to pay a 5-cent subsidy on every pound consumed at home to keep the price under the selling price.

WOOL: A great shipment of 1,000,000 pounds of wool reached this country after a dangerous sea trip in a recent convoy from New Zealand. We are thankful for its safe arrival. But it takes a tremendous amount of wool to clothe our fighting forces who may find themselves stationed anywhere from Alaska to Labrador or in the North Atlantic.

FOR OUR SCRAP BOOK: When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and the time that the tide will turn.

THE BOOK OF THE WEEK

MEN WITHOUT A COUNTRY BY: NORDOFF AND HALL (McClelland and Stewart, 122 pp. \$1.75)

This is a simple story of desperate men and a rare kind of patriotism which is not uncommon among the Free French.

A rusty old tramp steamer homeward bound from the South Seas reached the Caribbean only to suffer a breakdown. While undergoing repairs, it sighted a dugout cayuca wallowing in the sea and crowded with five nearly dead, half-naked devils baked black by the tropic sun.

Their rescuers were not surprised that these men preferred to face death at sea rather than endure the endless torture to which they were condemned in steaming equatorial forests and swamps.

With the fall of France they came in conflict with two French officers who were cowardly followers of the Vichy regime. But these men who had made such staggering sacrifices were not to be turned back now.

The writing team of Nordoff and Hall met for the first time during the last war when they were both in France fighting for the Allies. Since then they have written such well-known novels as "Mutiny on the Bounty" and "Botany Bay."

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Make the most of your Tea..

warm the tea-pot first

"SALADA"

CARROLL'S

VALUES for LABOR DAY

Green Giant Peas 10-oz. tin 14c

Christie's Premium Sodas 1-2 qt. 19c

WAX BEANS Picnic Cut 2 20-oz. tin 25c

Pork & Beans Ayleson 2 20-oz. tin 17c

CLARK'S SOUP 3 10-oz. tin 20c

SPARKIES Quaker Puffed Wheat 1-2 qt. 7c

MUSTARD MacLaren's Prepared 1-2 qt. 16c

Domestic Shortening 1-2 qt. 19c

CRISCO 3-lb. tin 65c

Silver Star Flour for Pastry 24-lb. bag 65c

Carroll's Baking Powder 10-oz. tin 21c

Ballard's Dog Food... MEATIES 2 lb. 25c

CHEESE 1 lb. 39c

MATCHES 3 boxes 25c

Castile Soap 2 cakes 9c

BROOMS each 43c

Odex Soap 2 cakes 11c

Super Sods 20c, 37c

Quick Rolled OATS 1 lb. 5c

Shredded WHEAT 2 pkgs. 23c

Ration Book Cover with Post's Cornflakes 2 pkgs. 14c

Green Valley Standard PEAS 2 20-oz. tin 23c

Shopping BAGS each 3c

Chipso pkg. 9c, 23c, 52c

Recipes with each bottle of CERTO 1 bl. 25c

Whole, Mixed, Pickling SPICE 1 lb. 25c

XXX Blended or Spirit Vinegar gal. 41c

McLaren's Fruit Pectin package 10c

ORANGES Sweet and Juicy 30c doz.

GRAPEFRUIT Medium size Each - 5c

Peaches, Tomatoes, Melons - Special all Week

Fruit and Vegetable Prices Good Till Saturday Night Only.

PHONE 357 Free Delivery MAIN ST.

UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

Lesson for September 6

THE ALCOHOL PROBLEM: PAST AND PRESENT

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UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

Lesson for August 30

JACOB SEEKS GOD'S HELP

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