

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello, Homemakers! Hints for the home nurses is our thought for the day. With the shortage of nurses and hospital rooms, many illnesses, unless critical, might be treated at home. This, of course, will depend on the advice of your doctor. Home nursing is no easy job, especially when the homemaker has to run the house and take care of the rest of the family, too. Recently, many women have taken the course in home nursing and realize that definite instructions should be carried out with regard to sleep, food and medicines. Then, there's also the problem of keeping the convalescent in a contented frame of mind. It's easy enough to say but not so easy to do. Children are so lively when they're well, that it's almost impossible to keep them happy in a sick bed, especially when they are on the road to recovery. Things around home can be used to advantage for construction work on a tray in front of them. . . . for instance a paper jig saw puzzles, hard cooked eggs to decorate, paper to clip, colour, braid, fold and make into airplanes, ships or buildings. Tack wax paper on a board and let them use finger paints. Story books come in handy for anyone—even grown-ups like someone to read to them. If mother has time she can sit and do some mending in the convalescent's room.

At first, patients are usually placed on a liquid diet which usually includes milk, buttermilk, eggnog, malted milk, cocoa, cream soups, clear broth, whole grain cereal gruels, strained fruit and vegetables, ices, sherbets and ice cream. They should have one quart of milk a day, no more, as you do not want to sicken them of it. Part of it can be used as milk to drink, and the rest in sherbets, creamed soups and cereal gruels. Ginger ale, coffee and tea are sometimes served for variety rather than for their food value.

Soft diets may be recommended by the doctor, especially after a liquid diet. For soft diet, soft cooked or poached eggs, custards and all simple cooked puddings, cooked whole grain cereals, gelatin and sieved vegetables.

On a light diet you add tender meat such as chicken, lamb chops, baked fish, all cooked fruits and raw citrus fruits.

A full diet means all restrictions are removed except that fried foods and rich puddings and pastries are omitted or given in small amounts until the patients get back to the regular routine.

Foods with a strong flavor, such as onions, cauliflower, cabbage and turnips should be used cautiously. Excessively sweet foods such as jams, preserves and candies should be given sparingly. Condiments and spices, should be used as little as possible, while scorched foods, poorly sieved foods or large pieces of meat should be avoided.

All foods should be cooked carefully to preserve vitamins, minerals and ease of digestion. Dishes need color, variety of flavor and attractive servings. Serve meals on an attractive tray, with pretty dishes, perhaps a flower or gay cloth—anything to perk up the patient.

1. Cook foods for invalids in small quantities and according to the hour of feeding. The most palatable food

may be spoiled by allowing it to stand after being prepared.

2. Cover tray with a clean serviette or tray cloth. Avoid serving too many things or too large portions. When the nature of the dish permits it, add a piece of red cherry, or a small sprig of parsley.

3. If possible, taste all foods and drinks before serving for seasoning and temperature. Always use a separate spoon for tasting.

4. When liquid foods are to be given, other receptacles should be used than those used for medicine or the association of ideas may be strong enough to destroy what little appetite the patient has. Fill cups and glasses to within one inch of the top—not full.

5. Cover all foods and drinks left standing in the sickroom. The tray and all traces of the meal should be removed immediately after eating. Care should be taken, however, not to hurry the patient through a meal.

6. The diet of a patient should be under the supervision of a doctor and his directions followed implicitly.

7. Store the food supplies in covered containers in a cool place, preferably the refrigerator. The refrigerator or cupboard should be kept scrupulously clean.

8. All dishes or utensils used in the sickroom should be washed in a separate bowl in hot soapy water and scalded with boiling water. In case of infectious diseases, dishes should be boiled in two quarts of water, containing one-half cup of baking soda for one-half hour.

### THE SUGGESTION BOX

Miss J. T. says: You may have some good stockings which you can not wear because they have no mates. Use a dye remover on them. Then tint to match.

Mrs. S. M. says: We keep a roll of narrow shelf paper on the breakfast room table with a pen nearby and every time a member of the family or a guest thinks of something to tell the lad in uniform, he or she jots it down. About once a week the letter is cut off and sent.

## Sheep Outlet Helps Industry

The most important development recently in connection with sheep and lambs in Canada, states the Current Review of Agricultural Conditions in Canada, was the announcement by the Department of Trade and Commerce that export permits for live sheep and lambs would no longer be required on shipments consigned for slaughter in the United States or in points in the British Empire. Previously no export permits were being granted for such shipments. As a result of the change of policy, an immediate movement of market and of feeder lambs to United States points got under way.

The removal of export restrictions on live sheep and lambs has provided sheep producers with an attractive alternative market outlet. Formerly protests were being made by the sheep industry that, although the export agreements for bacon and beef afforded stabilized prices for hog and cattle producers, there was no price supporting mechanism in effect for lamb although there was a ceiling. With heavy runs of lamb expected this fall, packers would be forced to freeze and store substantial quantities of surplus lamb for consumption next year, and with a flat ceiling in effect, prices paid for lamb intended for storage would have to be sufficiently lower to meet the additional costs. Now, however, sheep producers also have an export outlet for their product "on the hoof".

### SUGAR

Four-fifths of the sugar Canada consumes has to be imported. Of the sugar-exporting countries of the world Java and the Philippines are in the hands of the Japanese; Hawaii, Porto Rico, Australia, Trinidad and the Fiji have had their production cut by the shortage of workers.

### MEET IN PRISON CAMP

Life for Eldon Skuce, a member of the R.C.A.F., now in a prisoner-of-war camp in Germany, was made a lot brighter a few weeks ago. As he stood watching several truck-loads of new prisoners unloading at Stalag 357, he heard the cheery call, "Hi ya, Eldon." He looked up into the face of Bryan Cassidy, who had been a fellow member of the 10th Ottawa Troop of Boy Scouts at Britannia, incidentally, Eldon's father is Scoutmaster of the Troop now.

### SYNOPSIS OF PROPOSED BY-LAW NO. 793 OF THE CORPORATION OF THE TOWN OF MILTON AND

### Notice to the Electors

The purposes of the said proposed By-law is to authorize the Corporation of the Town of Milton to borrow \$30,000.00 for the purpose of installing a system of STORM SEWERS for surface and house drainage in and for the Town of Milton according to a plan prepared by George H. Power, Civil and Sanitary Engineer and approved by the Provincial Board of Health.

The amount of the debt intended to be created by the said proposed By-law is \$30,000.00 and the Corporation shall borrow upon the credit of the Corporation a sum not exceeding that amount and issue debentures therefor payable at the Bank of Nova Scotia, Milton.

The debentures shall bear interest at 3% per annum payable annually and shall be made payable in annual instalments during the period of twenty years after the date of issue thereof. The respective amounts for principal and interest payable in each of such years shall be the amounts so designated in schedule "A" annexed to the said proposed By-law, which schedule is as follows:

Year	Principal Payment	Interest Payment	Total Payment
1946	\$1,060.83	\$1,050.00	\$2,110.83
1947	1,097.96	1,012.87	2,110.83
1948	1,136.40	974.43	2,110.83
1949	1,176.16	934.67	2,110.83
1950	1,217.33	893.50	2,110.83
1951	1,259.94	850.89	2,110.83
1952	1,304.03	806.80	2,110.83
1953	1,249.67	761.16	2,110.83
1954	1,396.92	713.91	2,110.83
1955	1,445.81	665.02	2,110.83
1956	1,496.41	614.42	2,110.83
1957	1,548.78	562.05	2,110.83
1958	1,603.00	507.83	2,110.83
1959	1,659.09	451.74	2,110.83
1960	1,717.16	393.67	2,110.83
1961	1,777.26	333.57	2,110.83
1962	1,839.47	271.36	2,110.83
1963	1,903.85	206.98	2,110.83
1964	1,970.48	140.35	2,110.83
1965	2,039.45	71.38	2,110.83

\$30,000.00 \$12,216.60 \$42,216.60

The total annual payment of combined principal and interest amounting to \$2,110.83 as above set out shall be levied and raised in each of such years by a special rate sufficient therefor, over and above all other rates, upon all rateable property in the Corporation of the said Town of Milton.

The Corporation shall have the right at its option to redeem the said debentures either in whole or in part on any date prior to maturity upon due compliance with the statutory requirements permitting such redemption as set out in the said proposed By-law.

Pending the sale of the said debentures the Corporation may raise for the purpose of installing the said STORM SEWERS up to \$30,000.00 by way of loan on the said debentures.

TAKE NOTICE that the foregoing is a true synopsis of proposed By-law No. 793 of the Corporation of the Town of Milton to be submitted to the votes of the electors at the same time and at the same place as the annual election for the Municipal Council namely the 14th day of December, 1944, and the Deputy Returning Officers appointed to hold the said election shall take the vote.

And that the aforesaid proposed By-law may be seen at the Office of the Clerk.

And that the 12th day of December A. D. 1944, at 2 o'clock in the afternoon at the Council Chamber in the said Municipality has been fixed for the appointment of persons to attend at the polling places, and at the final summing up of the votes by the Clerk of the Town of Milton.

And that if the assent of the electors is obtained to the said proposed By-law it will be taken into consideration by the Municipal Council of the said Corporation at a meeting thereof to be held after the expiration of one month from the date of the first publication of this notice, and that such first publication was made on the 16th day of November A. D. 1944.

Take notice further that a tenant who desires to vote upon said proposed By-law must make and file with the Clerk not later than the tenth day before the day appointed for taking the vote a declaration under The Canada Evidence Act, that he is a tenant whose lease extends for the time for which the debt or liability is to be created, or in which the money to be raised by the proposed By-law is payable, or for at least twenty-one years, and that he has by the lease covenanted to pay all municipal taxes in respect of the property of which he is a tenant other than local improvement rates.

DATED at Milton this 16th day of November, 1944.

JAMES W. BLAIN, Clerk

## Price Control and Civilian Supplies

"So long as major hostilities continue, so long as the strain on manpower, equipment and materials for war remains severe, the relative shortages of many consumer goods will be continued, and price control will remain in the national interest," declared K. W. Taylor, WPTB Foods Co-ordinator, in an address to the Hamilton Advertising and Sales Club recently.

"After the last war prices and the cost of living rose just twice as fast in the 18 months after the Armistice as they did in the 52 months of the war itself, and the collapse in prices after June, 1920, was that much more severe and calamitous," said Mr. Taylor.

Mr. Taylor explained that it was the government's policy to retain the price control in substantially its present form until the imminent threat of inflation is passed.

Explaining our system of rationing Mr. Taylor said, "You can ration by price; that is you can let prices be uncontrolled. Then goods in short supply will skyrocket and only those with long purses will get the goods. That is the most unfair and indefensible kind of rationing. Or you can control the price and do nothing else. Then you get rationing either by queue (first come, first served) or through illegal prices in the black market. This again is a most unfair and highly inefficient way of rationing goods."

"For those kinds of goods which are needed by practically all families in more or less even amounts, rationing by coupon has been found to be the fairest and most efficient method. For other kinds of goods which are essential to some people but not needed by many others, the Board rations by issuing permits to buy."

"We all realize that rationing by coupon is expensive in money and in labor to all concerned, to the Government, to business and to the consumer. We therefore avoid rationing except as almost a last resort and we take off rationing just as soon as we possibly can," said Mr. Taylor.

"The relaxation of 'supply control' does not mean that a flood of new supplies will be reaching the market immediately. It may be many months before many of these items reach the retail store," he warned.

AMHERST, N.S. (CP) — Coppers suddenly became scarce in Amherst one week-end recently and even the banks were in short supply. To meet the penny emergency many of the town's stores resorted to the use of cent book matches in making change in cents.

### PEANUTS FROM INDIA

FORT WILLIAM (CP)—One of the strangest cargoes ever to arrive at the head of the lakes—peanuts from India—is being stored here awaiting shipment to eastern industries.

### LEFT CALLING CARD

TORONTO (CP) — It didn't take any Sherlock Homes to figure this one out. Toronto police were called to a Toronto home from which a diamond ring, wedding ring, wrist watch

# The Quality Tea "SALADA" TEA

## INDIA WELCOMES AFRICA SOLDIERS



For the first time in the history of the four West African colonies, a West African force has left Africa for an overseas theatre of war. The Royal West African Frontier Force expedition which has arrived in India comprises thousands of the fittest and most intelligent young West Africans, trained and equipped for all mechanical complexities of modern war. Further intensive training in India in methods of bush and jungle warfare ensure that these African soldiers and technicians will repeat their splendid achievements of Abyssinia and the Middle East in their new theatre of war. Enthusiastic crowds of Indians were at the port of arrival to cheer their new Allies. Guardsmen have been in the thick of fierce fighting in this area. Picture shows: Sergeant Peter Levy, from Sierra Leone behind an anti-tank rifle somewhere in India, where West African troops are trained.

THE fight against V.D. is a family affair . . .



A laughing couple, dodging showers of rice . . . fireside . . . garden . . . chubby babies . . .

These are scenes we know and like, because they're part of our lives . . . because they spell happiness . . . contentment.

But we know that these things don't "just happen." They have to be worked for, lived for. Protected, too, because of ever-present dangers which may spoil them.

Veneral Disease is a spoiler. In a cold, relentless way it can kill infants, rob the home of its breadwinner, cripple, destroy. These are not mere possibilities. THEY HAPPEN . . . RIGHT HERE IN CANADA!

But, these things should never happen. They can be prevented.

Young men and women can safeguard their future happiness together by making sure before marriage that V.D. will not blight their plans. A medical examination, including a blood test for syphilis, is a protection no couple can afford to pass up.

The expectant mother, too, may know for sure that her baby will be all she dreamed of. Syphilis in the expectant mother rarely shows outward signs, and it is no respecter of persons. An early check-up by her doctor, including a blood test, is a most essential, yet simple, first step in protecting her baby's health.

Nor must the breadwinner neglect his part. The security of the home depends upon his ability to work regularly and efficiently. Unsuspected syphilis, striking in middle life, may make the head of the home unable to provide for his family. It is wise to KNOW FOR SURE in time. Industrial medical examinations should include a routine confidential blood test.

A blood test should not be looked upon as something unusual. It should be regarded for what it is . . . a normal safeguard of health, security and happiness.

Invest a few minutes of your time in ASSURANCE.

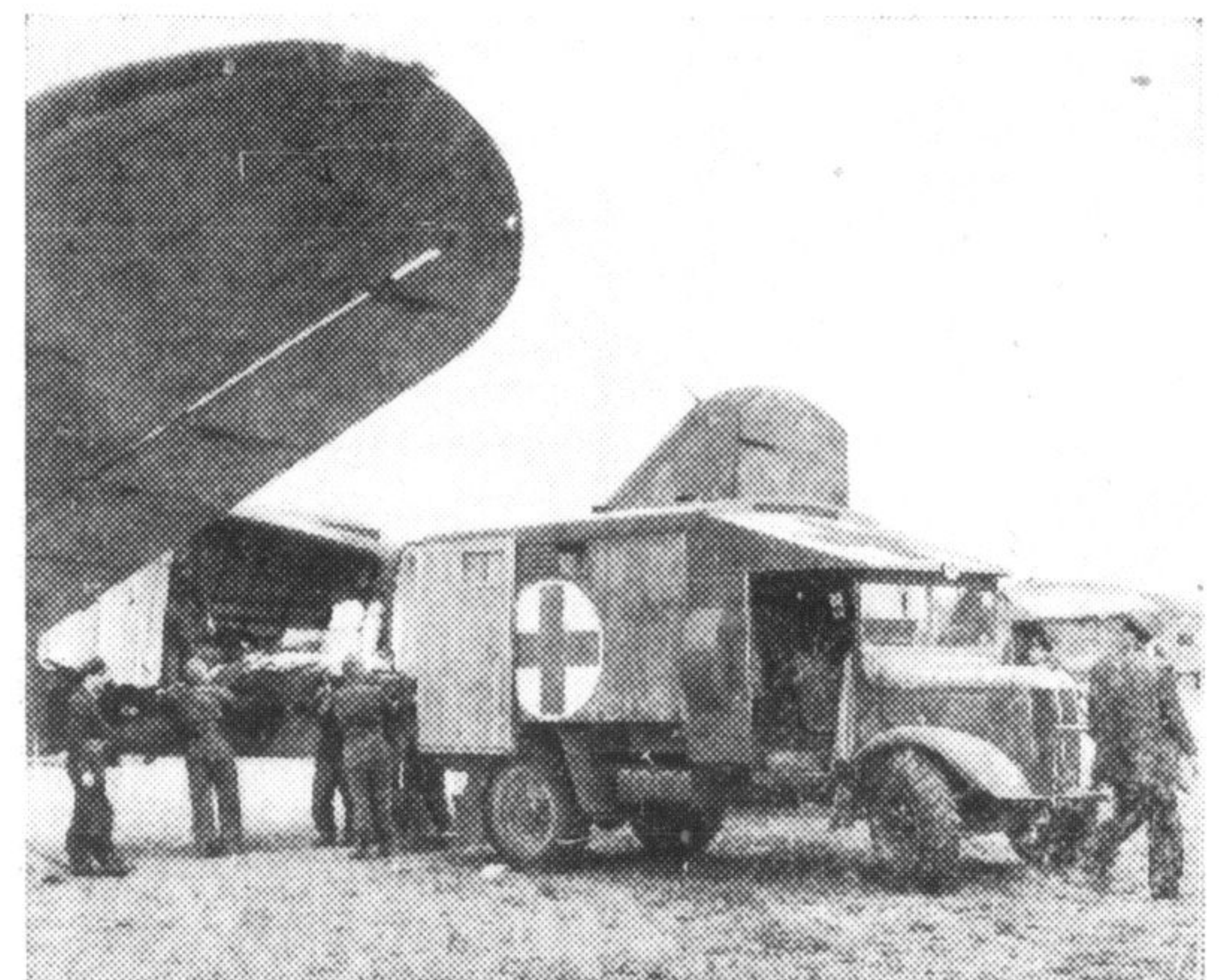
### FIGHT VD ON THE 4 SECTOR FRONT



For all the facts about VD write your Provincial Department of Health for the new, free booklet "VICTORY OVER DISEASE".

Sponsored by DEPARTMENT OF NATIONAL HEALTH AND WELFARE to further Canada's fight against V.D.

## R.A.F. Ambulances Fly Wounded from France



Lives of many Allied soldiers wounded in Normandy have been saved by rapid transportation by air to hospitals in England. British W.A.A.F. nursing orderlies attend to the wounded on airfields in France, and within a few hours they are back in a hospital in the United Kingdom.

Picture shows: Wounded being loaded from an ambulance on to a waiting British air transport on an airfield in Normandy.