Of Interest to Women



of the work to be done is the best way Dr. F. F. Tisdall, Toronto, Chairman to approach any job-even the fam- of the Committee on Nutrition, Canaily laundry. With a decided plan, dian Medical Association, told the ment in the bushes, should reflect jobs, no one of which seems overwhel- Nations Food and Agriculture Conming. You also save time by elimin- ference recently held at Quebec City. ating waste motion.

tual washing?

hand, because tears and rips are like- said. Whichever way better feeding ly to enlarge discouragingly during is considered, whether from the viewthe washing process. All stains point of increased food production or should be removed because soapy wa- from the standpoint of improved ter sets many stains.

How should I sort clothes before washing?

sheets, pillow cases, lightly soiled early in the war showed that where towels; (3) cotton underwear, shirts, the rations of the armed forces were heavy soiled towels. Colored cloth- not of the best both from the quality es: (1) light colored; (2) dark color- and quantity standards that after ed; (3) colors that may run. Set as- four days men were so deteriorated ide fine fabrics for special handling mentally and physically that they and stained clothes for treatment.

or part wool and rayon fabrics. Some period of convalescence. "brand" softeners may be used for all Length of life is also affected by all persons entitled to vote in the said fabrics and colors but should be used proper feeding, he said. Foods of Municipality at Municipal Elections according to directions. Too much high nutritive value not only retain softener may turn fabrics yellow.

Do clothes have to be soaked? Soaking loosens soil, and, therefore, is helpful in washing dirty clothes. A

purpose. How to keep clothes white?

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question. Fill the machine two-thirds according to the manufacturer's dir- ably due to better diet. ections. Measure soap allowing enclothes-20 mins, for stubborn dirt, ther. Before adding another load to mach- Of 200 expectant mothers, 100 well not too dirty. Rinse clothes three ished, 14 babies died and every one times in soft or softened water, hot, was from a mother who had been livturns it yellow. If you wish to add men as inadequate. bluing, add it sparingly, according to The Canadian Armed Forces during

How do I keep colors clear and evident. bright?

First make sure colors are tub- Referring to the shipments of canrinsing and dry quickly.

Why are clothes starched?

store the original finish to fabrics. bones are largely used in Canada for As starch gives a smooth surface that animal feed and for fertilizers. Fresh repels dirt and stains, it is especially bones can be ground and added to desirable for housedresses, aprons and canned meats and substantially inchildren's clothes. Many women like crease the calcium content. The into starch linens very lightly. Clothes troduction of bones in canned meat should be starched after the last for human consumption will add vital rinse. Proper quantities are impos- elements to the diets of peoples and sible to list because the amount of mean millions of dollars to farmers. starch a garment absorbs varies with Ordinary canned meats contain about the weave and weight of the mater- 20 per cent. or more of protein and ial and temperature of the water. You fresh bones with the meat adhered ber that the hotter the starch the tein in addition to their high calcium more will be absorbed. Use a warm, content. thin starch solution. Wring out as The British Government recognizes much as possible and let starched the importance of nutrition for childclothes dry thoroughly before sprink- ren. In Britain school lunches of nutling.

How to hang clothes?

last rinse, watch out for unnecessary per cent. of children attending folds to prevent wrinkles. Fold big schools throughout the country. The flat pieces so they won't pull corn- improved nutrition of the children is erwise. Put the clothes into the bas- expected to be of far reaching value. ket in some order-sheets in one end, Recently, facilities have been protowels in the other, small articles flat | vided for feeding an additional 7,000,on top. Shake out and smooth cloth- 000 industrial workers in the United es to make ironing easier. In gener- States under government sponsorship al, hang clothes by the heaviest, firm- at comparatively little cost. This will est portion. Fold sheets and table- mean not only better health, but cloths hem to hem and place on line greater efficiency of the workers. so that hemmed edges hang over 8 Dr. G. S. H. Barton, Deputy Ministto 12 inches. Give clothes dried in- er, Dominion Department of Agriculdoors ventilation with open windows ture, who was head of the Canadian or fan. Never hang wet clothes in delegation at the FAO Conference a papered room; moisture may loosen said that the broad field of nutrition

the wallpaper. them down. You have to iron out actively identified in Canada, through those additional wrinkles. Use a discoveries which have already been clean, stiff brush or a bottle with a made in this cuontry alone indicate fine perforated cap to sprinkle the what such work can mean in terms clothes. Cover with a heavy towel. of human welfare and in the addition-Iron in 2 or 3 hours' time.

Improved Nutrition Would Increase Sale Many Farm Products

Looking down the road the broad vision discloses the possibility of an of agriculture and fisheries as the al, or in some cases has lost his life. beneficial effects of improved nutrit-Hello Homemakers! Organization ion become known and understood,

An increased demand for essential What jobs need to be done before ac- products produced in Canada is therefore envisaged within Canada itself All mending should be done before- and also throughout the world, he health it will pay handsomely.

Dr. Tisdall reviewed some of the more important advances that recent White clothes: (1) table linen; (2) studies have disclosed. A study made were not a match for an army of 14-What can be done about hard water: year-old properly fed boys.

Soft water requires less soap and The feeding of foods of high nutritmakes clothes whiter than hard wat- ive value definitey advances learning er. Washing soda and trisodium pho- ability. It has been found that certsphate are good water softeners but ain feeding procedures during acute complied with Section 8 of the Voters should not be used in washing rayon | illnesses can definitely shorten the

vigor, but also lengthen the span of

Diet and Growth

The rate of growth of a man or wofifteen-minute soaking is ample and man is also affected by diet. A rec- ber, 1945. cool water is better than hot for this ent survey made disclosed that fresh- Dated at Milton, Oct. 26, 1945. men presently at the University of Toronto were one and a half inches 21-2 Hot washing water, the right am- taller and five and a quarter pounds ount of soap, thorough rinsing and heavier on the average than the wringing are the answers to that freshmen at the same University 20 years ago. The improvement in the full of hot water. If you use a wa- freshmen of the present time over ter softener, add the correct amount those of two decades ago was prob-

Expectant mothers, properly fed, ough to make a 2-inch suds after ma- proved the benefits of good nutrition chine has been operating for about By feeding additional Canadian foods 2 mins. Do not use more soap than such as vegetables, fruits, milk and needed. Wash a few clothes at one cheese, complications before labor, time-for a good washing, clothes during labor and during the period must move freely through the suds. of convalescence were cut down and Operate the machine from 10 to 15 the babies born were healthier than mins., depending on amount of soil in those born of a poorly nourished mo-

ine, be sure water is hot, soapy and nourished and 100 indifferently nourwarm, then cool. Soap left in fabric ing on a diet regarded by medical

manufacturer's directions. Keep the war, and also now, had the highclothes in motion while bluing to pre- est ration of milk of any armed forces vent streaking. A plunger is useful in the world-20 ounces per day and to assist in forcing out soapy water. the advantages of this are abundantly

Bones and Calcium

fast by soaking a small sample piece ned meats that are being sent from in warm water 10 mins. If colors Canada to the devastated countries of run, handle the garment separately. Europe, Dr. Tissdall said calcium is Before washing soak it in salt and needed as well as protein. It is not water or baking soda and water for possible for the people in those couna few minutes. The wash water tries to obtain cows' milk, which is should be only lukewarm and the high in calcium, in sufficient quantitcleaning should be done in a few min- ies, so it must be supplied in someutes. Wring as dry as possible after thing else, such as fresh bones. The human race thousands of years ago depended on bones to supply the cal-The purpose of starching is to re- cium for their diet. To-day fresh have to learn by experience. Remem- to them have about 16 per cent. pro-

ritive foods are being provided to 33 per cent. of children and it is hoped As the clothes are put through the shortly to provide such lunches to 75

research throughout the world, with Fold things carefully as you take which Dr. Tisdall and Dr. Collip are al demand for essential food.

HUNTERS IN THE WOODS

The return of the hunting season is a warning that all who go out for this sport should be careful in their use of firearms. It is a sad ending of a nice outing spent in this sport, when the hunter, or someone who has been shot, is brought home in an amexpanding demand for the products bulance, and has to go to some hospit-

Some men are said to become nervous and excited at the sight of game and to shoot wildly. The man who pulls his trigger when he sees a moveyour big job falls into several small Canadian delegation to the United that the movement may be caused by a hunter and not by any deer.

The sportsmen should be careful in the use of firearms, particularly in climbing fences. If they tip over or injure some farmer's fence or wall, they should realize that they are making work for the owner, and they would better fix the fence themselves if possible. Damage done by munity provides a house, fuel and wacareless hunters has been a reason ter. why many land owners have put up "No Trespass" signs.

Clerk's Notice FIRST POSTING OF VOTERS'

of Halton.

Notice is hereby given that I have at my office at the Town Hall on the 26th day of October, 1945, the list of and that such List remains there for

appeal being the 15th day of Novem-

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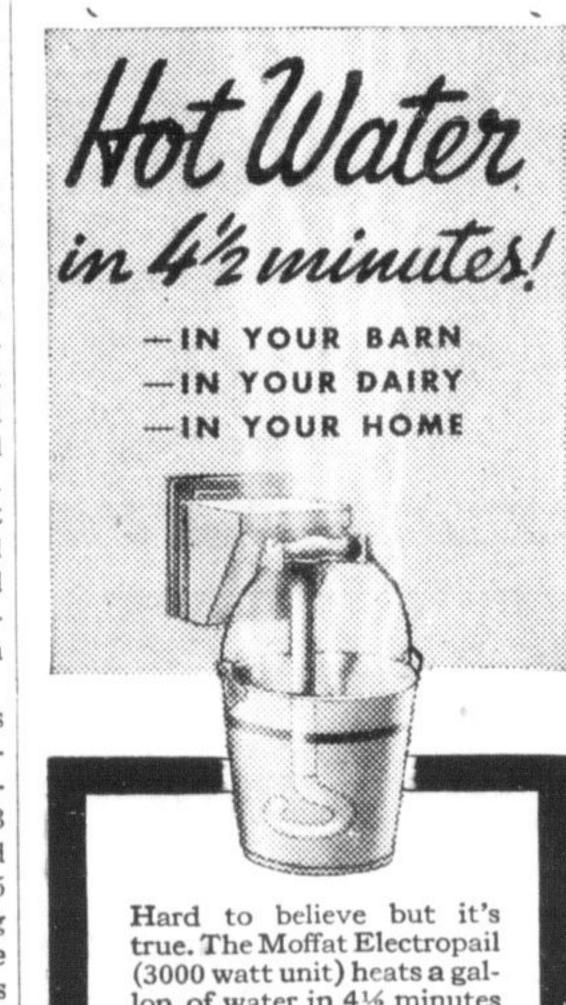
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MILTON HARWARE PHONE 43

Nursing Is 24 - Hour Job In Alberta

Public Health Nurses Deliver 300-400 Babies Yearly, Need Pioneering Spirit

EDMONTON (CP)—Between 300 and 400 babies are delivered each year in Alberta by provincial public health nurses stationed in isolated sections of the province. Their task is described by Miss Helen McArthur their superintendent as "a 24-hour-a day job demanding a touch of the pioneering spirit and a liking for out-

Of the 50 nurses, 35 are located in remote areas of the Peace River country. In districts cut off from doctors and hospitals by as much as 75 miles, they represent the sole medical aid for lumbermen, farmers and their families of these communities.

The province pays the nurse's salary and provides her with office equipment, a small dispensary and drugs, which, unlike other nurses, she is allowed to handle. The com-

Nurses have from 200 to 300 office calls a month, during which they give free consultation service for medical and surgical cases and public health advice. The only charge is for dressings and medicines. The nurses are not called upon to perform operations or to take over the duties of a doctor but are under orders to give the best possible emergency treatment they can in serious cases and then to move Voters Lists, 1946 of the Municip- the patient to the nearest hopital as ality of the Town of Milton, County quickly as possible. Rigorous weather conditions sometimes thwart this plan, so that they frequently deliver

Always on Call

Home visits average between 40 and 50 a month, for each nurse calls regularly on the blind in her district, And I hereby call upon all voters reports cases of neglected children, to take immediate proceedings to or needy families and investigates T. have any errors or omissions correct- B. cases. Each nurse is on call day ed acording to law, the last day for or night, winter and summer, in a country where travel is rarely easy. The customary winter conveyance is a horse-drawn "caboose," closely re-Clerk sembling an elaborate doghouse on runners.

> Each spring the nurses, most of whom are graduates of the University of Alberta, travel to Edmonton for their annual refresher course. But apart from this trip and the occasional day "outside" every three or four months, they spend all their time at their stations. Once in the service they rarely leave it. One nurse, Miss Amy Conroy, this year celebrated 25 years in public health work-16 of them in the community of Pendrylm, west of Wetaskiwin.

> The environment in which the nurses work hasn't the glamor Hollywood associates with nurses but the last three nurses sent to the Worsley district have married and settled there. One advantage of this, Miss McArthur is quick to point out, is that "pretty soon I won't have to worry about keeping a nurse there. Half the housewives in the district will be former public health nurses!"

HENCOOPS NEXT

WINNIPEG (CP) - An indication of how severe the housing shortage is in Winnipeg was offered when several people tried to rent a broadcasting booth, erected at the city's main intersection for the Victory Loan campaign. Officials said it wasn't for sale, that the Army was going to use it for a canteen.

ROQUEFORT LEGEND

The Roquefort type of cheese is now made in many parts of the world but it is named for a cave in France where it is supposed to have originated. The story is that a shepherd boy tending his flock in the vicinity of Roquefort caves placed his lunch of barley bread and native cheese in the cool of one of the caves until noontime. However, his flock wandered far and several weeks passed before it returned to the spot. Remembering the lunch, the shepherd was surprised to find the barley bread covered with black mould and the cheese variegated with veined green mould. He tasted the cheese, and, finding it delicious, placed the lunch he was carrying in the cave for further investigation.

His discovery was noted by the Conques monks of that region and they are given the credit for developing Roquefort cheese through the use of mould from this cave.

CORN BORER BACK

FREDERICTON (CF)-The European corn borer has reappeared in New Brunswick fields and other parts of the Maritimes after an absence of 14 years, according to the Dominion Entomological Laboratory here. Efforts are being made to control the

TREE HARVEST BIG

KENTVILLE, N. S. (CP) - Nova Scotia will export 1,000,000 Christmas trees to the United States before December 15th, according to the estimate of a New York buyer. The Christmas tree industry, a profitable sideline for Nova Scotia farmers for years, this year is expected to return MILTON \$500,000.

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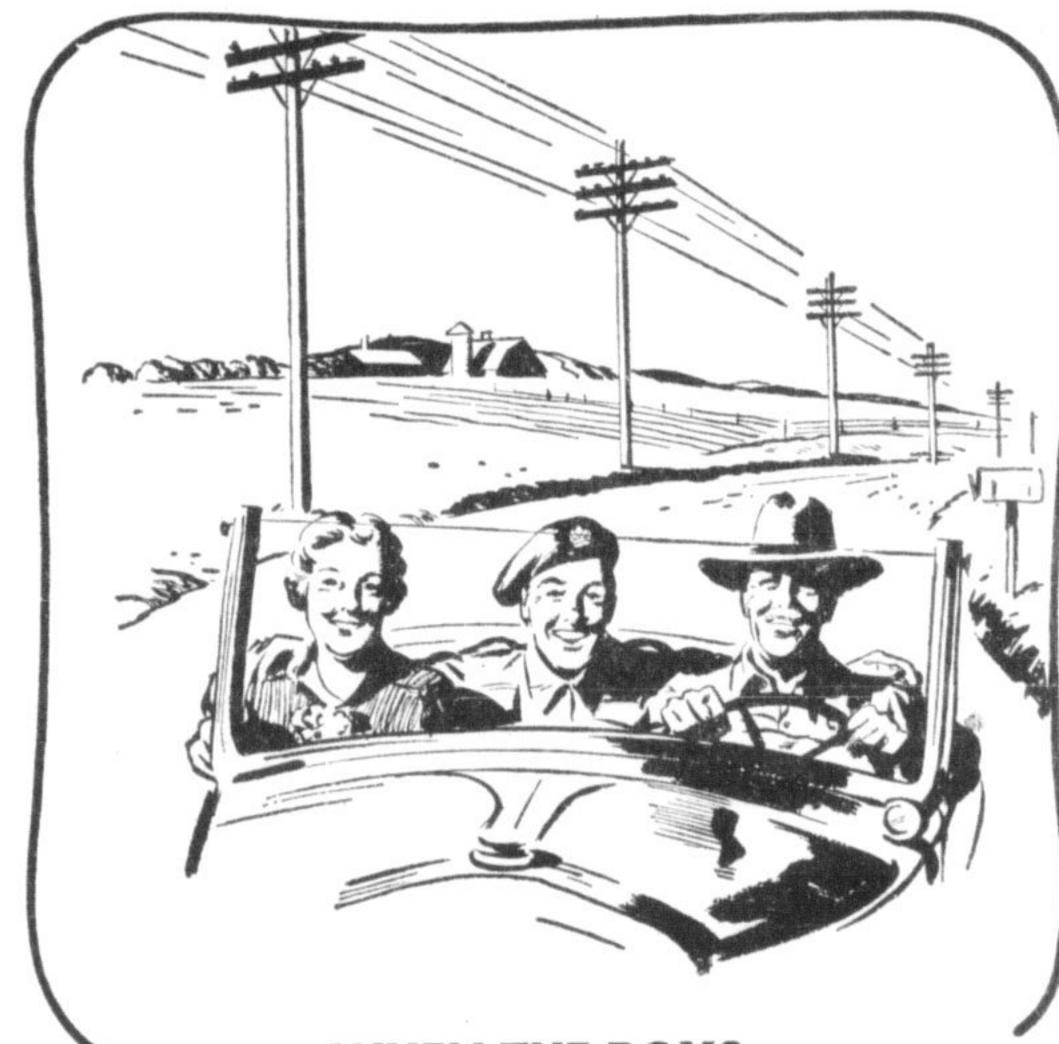
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WHEN THE BOYS COME BACK TO THE FARMS

They'll probably want telephone service, if they didn't have it before. War has taught a lot of those in uniform - and their parents, too - to rely on telephones more than ever.

Our plans are ready to make rural telephone service in Ontario and Quebec available to a greater number of users in the post-war period.



Much of the preliminary work already had been done when war interrupted the program extending rural telephone service. We intend to resume it as soon as the necessary materials and manpower are available.