

Of Interest to Women



Improved Nutrition Would Increase Sale Many Farm Products

Hello Homemakers! Organization of the work to be done is the best way to approach any job—even the family laundry. With a decided plan, your big job falls into several small jobs, no one of which seems overwhelming. You also save time by eliminating waste motion.

What jobs need to be done before actual washing?

All mending should be done beforehand, because tears and rips are likely to enlarge discouragingly during the washing process. All stains should be removed because soapy water sets many stains.

How should I sort clothes before washing?

White clothes: (1) table linen; (2) sheets, pillow cases, lightly soiled towels; (3) cotton underwear, shirts, heavy soiled towels. Colored clothes: (1) light colored; (2) dark colored; (3) colors that may run. Set aside fine fabrics for special handling and stained clothes for treatment.

What can be done about hard water?

Soft water requires less soap and makes clothes whiter than hard water. Washing soda and trisodium phosphate are good water softeners but should not be used in washing rayon or part wool and rayon fabrics. Some "brand" softeners may be used for all fabrics and colors but should be used according to directions. Too much softener may turn fabrics yellow.

Do clothes have to be soaked?

Soaking loosens soil, and, therefore, is helpful in washing dirty clothes. A fifteen-minute soaking is ample and cool water is better than hot for this purpose.

How to keep clothes white?

Hot washing water, the right amount of soap, thorough rinsing and wringing are the answers to that question. Fill the machine two-thirds full of hot water. If you use a water softener, add the correct amount according to the manufacturer's directions. Measure soap allowing enough to make a 2-inch suds after machine has been operating for about 2 mins. Do not use more soap than needed. Wash a few clothes at one time—for a good washing, clothes must move freely through the suds. Operate the machine from 10 to 15 mins., depending on amount of soil in clothes—20 mins. for stubborn dirt. Before adding another load to machine, be sure water is hot, soapy and not too dirty. Rinse clothes three times in soft or softened water, hot, warm, then cool. Soap left in fabric turns it yellow. If you wish to add bluing, add it sparingly, according to manufacturer's directions. Keep clothes in motion while bluing to prevent streaking. A plunger is useful to assist in forcing out soapy water.

How do I keep colors clear and bright?

First make sure colors are tub-fast by soaking a small sample piece in warm water 10 mins. If colors run, handle the garment separately. Before washing soak it in salt and water or baking soda and water for a few minutes. The wash water should be only lukewarm and the cleaning should be done in a few minutes. Wring as dry as possible after rinsing and dry quickly.

Why are clothes starched?

The purpose of starching is to restore the original finish to fabrics. As starch gives a smooth surface that repels dirt and stains, it is especially desirable for housewives, aprons and children's clothes. Many women like to starch linens very lightly. Clothes should be starched after the last rinse. Proper quantities are impossible to list because the amount of starch a garment absorbs varies with the weave and weight of the material and temperature of the water. You have to learn by experience. Remember that the hotter the starch the more will be absorbed. Use a warm, thin starch solution. Wring out as much as possible and let starched clothes dry thoroughly before sprinkling.

How to hang clothes?

As the clothes are put through the last rinse, watch out for unnecessary folds to prevent wrinkles. Fold big flat pieces so they won't pull cornerwise. Put the clothes into the basket in some order—sheets in one end, towels in the other, small articles flat on top. Shake out and smooth clothes to make ironing easier. In general, hang clothes by the heaviest, firmest portion. Fold sheets and tablecloths hem to hem and place on line so that hemmed edges hang over 8 to 12 inches. Give clothes dried indoors ventilation with open windows or fan. Never hang wet clothes in a papered room; moisture may loosen the wallpaper.

Fold things carefully as you take them down. You have to iron out those additional wrinkles. Use a clean, stiff brush or a bottle with a fine perforated cap to sprinkle the clothes. Cover with a heavy towel. Iron in 2 or 3 hours' time.

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 ambulance, and has to go to some hospital, or in some cases has lost his life.

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 movement in the bushes, should reflect 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 careless hunters has been a reason why many land owners have put up "No Trespass" signs.

Clerk's Notice

FIRST POSTING OF VOTERS' LIST

Voters Lists, 1946 of the Municipality of the Town of Milton, County of Halton.

Notice is hereby given that I have complied with Section 8 of the Voters Lists Act and that I have posted up at my office at the Town Hall on the 26th day of October, 1945, the list of all persons entitled to vote in the said Municipality at Municipal Elections and that such List remains there for inspection.

And I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law, the last day for appeal being the 15th day of November, 1945.

Dated at Milton, Oct. 26, 1945.

JAMES W. BLAIN

Clerk

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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 outdoor life."

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 community provides a house, fuel and water.

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 the patient to the nearest hospital as quickly as possible. Rigorous weather conditions sometimes thwart this plan, so that they frequently deliver babies.

Always on Call

Home visits average between 40 and 50 a month, for each nurse calls regularly on the blind in her district, reports cases of neglected children, or needy families and investigates T. B. cases. Each nurse is on call day or night, winter and summer, in a country where travel is rarely easy. The customary winter conveyance is a horse-drawn "caboose," closely resembling 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 (CP)—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 pest.

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 \$500,000.

Quality Guaranteed "SALADA" TEA

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1 Cup of Meat
IN THIS



Delicious Chicken Puff

1½ cups flour
2 teaspoons Magic Baking Powder
½ teaspoon salt
2 eggs
1 cup milk

1 cup chicken, cut fine
2 teaspoons scraped onion
½ cup grated raw carrot
2 tablespoons melted butter or chicken fat
1½ cups chicken gravy

Sift together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and mix well. Fold in stiffly beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy, 6 servings.

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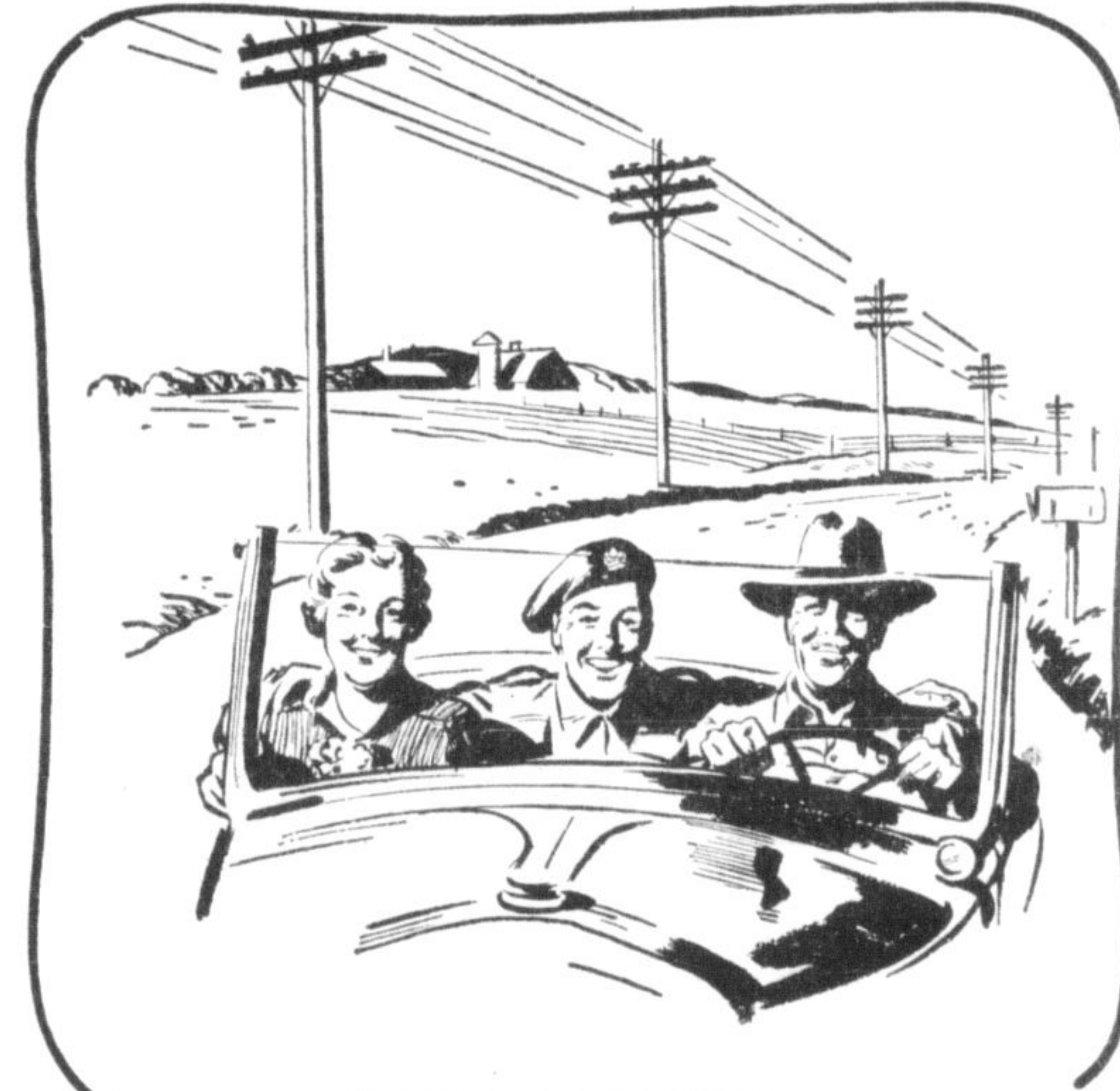
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WHEN THE BOYS COME BACK TO THE FARMS

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.

