

Of Interest to Women

Peanut, Favorite Nut of Canadians

The lowly nut now enjoys a prominent position among the 20 leading Canadian imports. During the first seven months of 1946, Canada purchased nuts from many countries to a value of \$12,865,000, a figure which exceeded by \$813,000 the total imports of over \$1,000,000 pounds of nuts at a value of \$12 million during 1945, and four times the figure for 1938. The peanut takes precedence among all the nuts imported into the Dominion, followed by almonds, walnuts, pecans, filberts and coconuts. In 1945 more than 66 million pounds of peanuts were brought to Canada at a value of \$6.2 millions.

Changes have occurred in the sources of supply. In 1938, China exported to Canada 29,622,664 pounds of peanuts, with India as next biggest exporter. In 1946, Nigeria has taken the lead, followed by the United States, India and Brazil. Almonds which used to come from Italy, the United States, France, Portugal and China, are now obtained from Spain, and Portugal. As regards walnuts, the war eliminated Roumania and China as supplies. They now come from the United States and India. The United States has always supplied Canada with pecans. Filberts which used to come from Italy now come from Spain and Turkey is back with sweet hazelnuts, pistachios, and pin nuts. Brazil sends Brazil nuts and the West Indies are the source of coconuts.

FROM WAR WEAPONS TO HOME TRINKETS

EDINBURGH (CP)—A small factory opened during the war to make antler horn shafts for commando knives is continuing in peacetime as a producer of horn ash trays, paper knives, napkin rings salt cellars and other small articles.

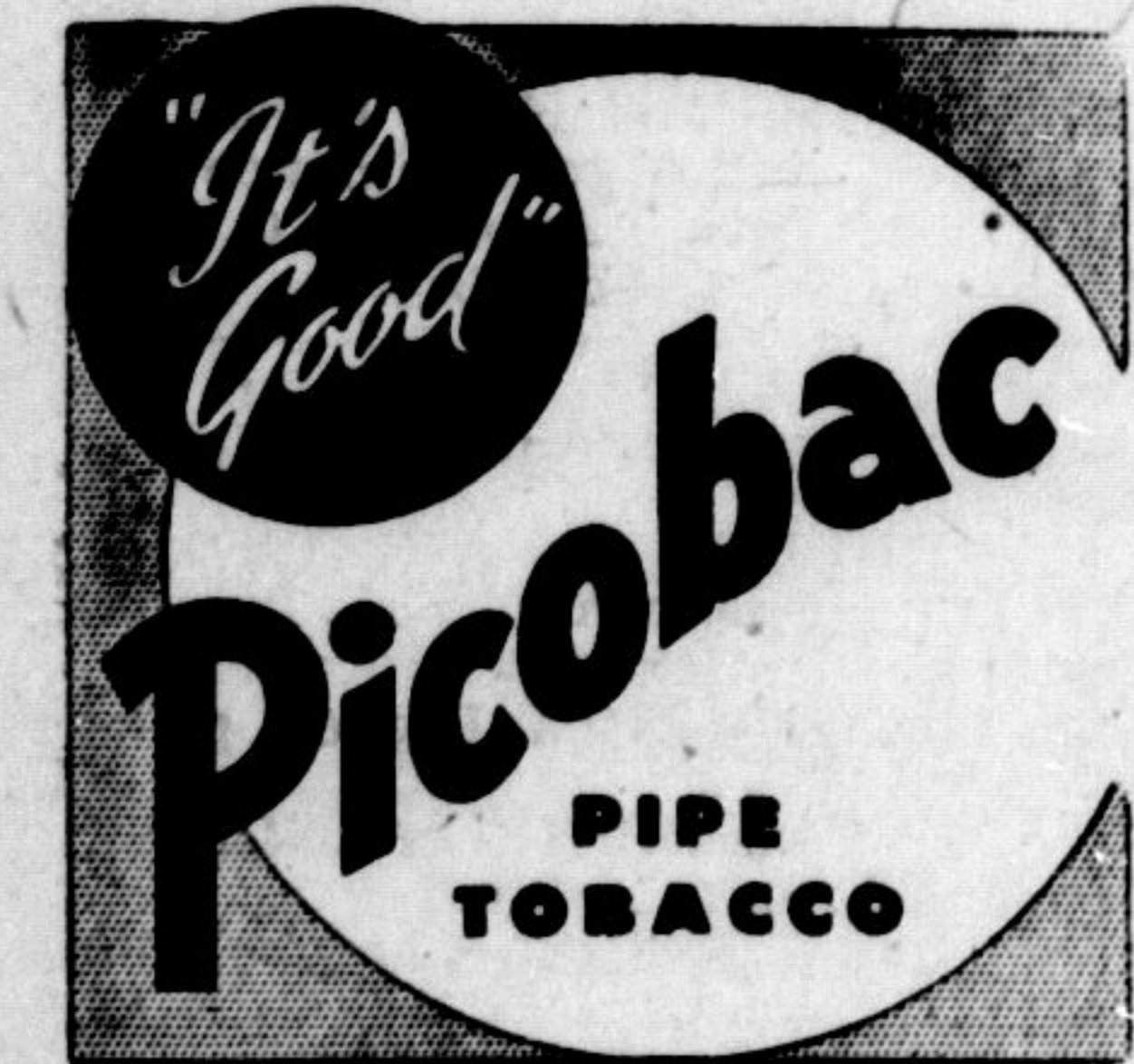
The antler was employed for knife handles during the war because it was found that wet hands did not slip on it.

SELF-DISCIPLINE

An appeal to parents to permit their children to take life's little knocks, in order to develop self-discipline and adjust their behavior to social standards is made by the Department of National Health and Welfare, Ottawa. "Learning the hard way has advantages," the department states. "A pampered child has little opportunity to learn to solve life's problems in the school of hard-knocks through trial and error. Only through personal experience can we learn to conform to the standards of conduct which living demands."

CREATE NEW PARISH

ROUYN, Que. (CP)—Rev. J. T. McManus has been appointed first priest of a newly-created parish in Noranda. Most Rev. Louis Rheume, Bishop of Timmins, authorized creation of the parish. Construction of the new church is expected to begin next spring.



Hello Homemakers! Actions must give vent to our feelings spurring us on to live happily together. Happiness in the home is reflected throughout a community. And helping one another is one of the most unselfish ways of maintaining peace.

As captain of the household we suggest a few ways and means by which you can make home well-remembered.

1. Your next door neighbor could possibly use an extra basket of fruit or vegetable which you may say you have in abundance. The old saying, "waste not, want not", should be a forethought.
2. The jar of sour cream or any other product which you do not use may be valuable to someone else. Phone your friends.
3. Before you become too tired to think during the busy week ahead consider where you have been losing energy and time. Let things go-by-the-board until you have re-adjusted your work. It may be that you require a basket to hold all the cleaning equipment for the upstairs work—and there should be one around at this season. It may be that your kitchen table is too low and causes you to stoop. This can be remedied with heavy castors which should be noted on your shopping list. One could write down many wants but little things do help.

4. Create a beauty spot in your living room with pieces of shrub or evergreen.

5. One of the best amusements for children on a rainy day is showing them how to make their own story book using scissors paste pot and old magazines.

6. During the summer months you did not have time to read. Now is the time to devote a little while every day to this pleasure.

7. Store materials separately. Summer wool sweaters must not be wrapped with rayon fabrics. And according to research, the best method is to place the garments in a bag or a box so that they will be protected from the light and dust without making the bag or box airtight.

8. Initials on your belongings will solve a problem if you are taking laundry over to put in with mother's or the neighbour's.

9. Do not depend upon poor light when you are doing close work. Leading authorities agree that inadequate lighting can cause fatigue and eye strain.

The Question Box

Mrs. J. T. asks: How much cocoa do you substitute for 1 square of chocolate?

Answer: Use 2 1/2 tbsps. cocoa plus 1 tsp. of shortening to substitute for 1 square of chocolate.

Mr. N. L. asks: How to remove peach stain from a blue tie.

Answer: Soak immediately in sweet milk.

Mrs. W. M. asks: How to soften paint brushes.

Answer: Simmer in vinegar.

Mrs. C. G. asks: Do cooked peanut hulls harm a child?

Answer: Peanuts should be given to children in small quantities as they may cause indigestion. Hulls are removed by rubbing on a board with a damp cloth.

Mrs. B. A. says: Half a cup of fruit juice poured over pork chops baked in the oven makes them delicious.

Fiddlers Show Wares In Old Time Contest

Judges Sit Behind Curtain As Visitors Join Dance

SWIFT CURRENT, Sask. (CP) — A British war bride described it as sounding "like one of the farmers' dances in Sussex, but lively, isn't it?" The event was the 14th annual fiddlers' contest and dance which filled the Ratepayers' Hall here recently with musical intricacies of reels, jigs, strathspeys, waltzes and hornpipes as well as jive.

Between dances some 300 visitors from outlying sections of this Southwestern Saskatchewan ranch country, listened to fiddlers vying for \$30 in prizes.

Ladies sat on benches along walls of the hall when not dancing and men were warned by a sign to "stand behind the black line" which was drawn across the floor at one end of the hall. Judges of the old-time fiddling sat behind a black curtain, listening to the music.

VALUABLE LOAN

VICTORIA (CP) — A Church of England prayerbook and a Bible printed in 1610 and 1615, respectively have been loaned to the provincial library by John Ward of Kamloops, B.C., owner of the ancient books.

Household Storage Fruits, Vegetables

Household storage of fruits and vegetables is not a difficult matter if a few simple rules are carefully followed. These rules, with much additional information on storage will be found in two publications of the Dominion Department of Agriculture, namely, No. 632 "Household Storage of Fruits and Vegetables" by the Fruit and Vegetable Division, Marketing Service, and No. 743, "Construction and Operation of a Home Storage for Fruits and Vegetables" by W. T. Phillips, Division of Horticulture.

All fruits and vegetables selected for winter storage should be well grown, fully mature and free from damage caused by insects, disease, rough handling, mechanical injury, freezing and chilling. Great care must be exercised in grading and sorting the produce in order to eliminate decayed or partly decayed specimens. It is essential that all specimens be thoroughly dry and clean, because moisture allowed to remain on the produce induces decay. During the storage period, all the fruits and vegetables should be sorted regularly and defective specimens completely removed from the storage room. Refuse allowed to remain in storage causes contamination of stock.

CALL FOR PASTEURIZATION

SAINT JOHN, N.B. (CP) — Pasteurization of milk in all New Brunswick communities has been recommended in a resolution adopted by the annual meeting of the New Brunswick Medical Society.

Aided Allied Plans For Normandy Drive

French-Born McGill Professor had Colorful Career in British Army

MONTREAL (CP) — Recently appointed chairman of the department of romance languages, McGill University, John L. Launay, the only Frenchman to hold a general staff appointment in the British Army, has a history which reads like fiction.

War-time experiences of the 33-year old professor, who fought under Lieut.-Gen. Sir Neil Ritchie, included a 20-mile ride in a British brigadier's staff car through an advancing column of German tanks, and evacuation twice from France by British boats.

Launay served 22 months in the ranks of the British Army, at the same time hunting for a birth certificate, necessary for a commission. Finally, and Army council decided that, despite regulations, the lack of a birth certificate should not hold up his military career.

Little did Professor Launay realize while playing as a boy on the Normandy beaches, that his intimate knowledge of potential landing sites would one day be of critical importance in planning the invasion of his native France. As a staff officer he helped select the invasion site and played a significant role in its operation.

"Anything I can do to foster better relations between France and Canada will give me great pleasure," said the youthful professor who taught French in England, English literature in France and now will teach French in Canada.

SHOP EARLY

DOUGLASTOWN, Que. (CP) — Large shipments of Christmas trees from the counties of Gaspe and Bonaventure are expected to be made early in December as a result of recent visits by a number of United States buyers.

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