Rebekah Knitting Group To Meet December 2nd

Routine business was discussed at the regular meeting of the Gold Nugget Rebekah Lodge on Thursday evening, and final plans were completed for the afternoon tea, this (Thursday) afternoon.

The regular weekly knitting was postponed from Tuesday evening, November 25th, to the following Tuesday, when the members of the knitting group will meet at the home of Mrs. Sears, Toke street.

BUSY LIZZIE

"Whatcha doin' Sattiday night, Lizz?"

"Gotta date!"

"How about next Sattiday night?"

'Gotta date then too."

"Well, how's about the next Sattiday night?"

"Nope, gotta date!"

"Well, twiddle my moustache woman, doncha ever take a bath?"—Exchange.

Try The Advance Want Advertisements

"CANADA AT WAR"

No. 3—DOMINION'S GROWING SHELL PRODUCTION

By C. EARL RICE, formerly of the Springfield Times, Lac Du Bonnet, Man.

The Dominion Arsenal

In Quebec Province are many plants where ammunition and shells are being produced. The mother of them all however, is the Dominion Arsenal.

Situated in the heart of Old Canada is a fine old stone building, dating back to the eighteenth century. The walls are five feet thick, and from this building, the defenders of New France took their stand against the enemy. For the past thirty years or more this same building has been used in the defense of Canada, but instead of being the shelter from which guns are fired, it has become one centre in which ammunition for the Canadian Army is made.

During the last war, this arsenal employed five to six hundred men and women. Today, it is producing in 24 hours, more ammunition than in a whole month during the last war. More than a score of large buildings comprise the three main plants. One of these is situated in the country fifteen miles from the city, and a special train makes a round trip three times a day carrying 1,500 men and women to work on their respective shifts.

The Dominion Arsenal is considered the finest plant of its type on the North American continent. Not only is it equipped with the very latest in machines and tools, but the safety devices, and working conditions are the best possible.

Cartridge cases and bullets are produced from the raw material. The men attending the great crucibles have to wear shoes with wooden soles an inch thick to protect their feet from the heat. The metal for shell cases is poured into moulds, and when cooled is drawn out until it is just the fraction of an inch in thickness, and nearly forty feet in length The long spring-like coil of brass is then fed into a punching machine, from which thimble-like cups are punched out. These are the beginning of cartridge cases. They pass through forty operations until the completed cases are produced.

After the cartridge cases are completed, they are passed on to another plant, where the propellant is put in, the cap fitted, and the metal bullets clamped into place. This plant where the high explosives are handled, is one of extraordinary quietness, and cleanliness. There is no hustle or bustle here. Everybody wears special rubber shoes, and when walking about the building, every now and again, one touches a metal plate set in the wall to ground himself so that there may be no static generated.

Situated close to this plant is the proving ground. Here it is that guns made in Canada, using shells the size of a half inch and over, are proved. Not only are Canadian-made guns proved here, but guns from the American arsenals as well. The proving ground is operated jointly by the United Kingdom and Canadian Governments. A certain number of shells from each batch made are also tested during the proving of the guns.

Shells are fired from a platform into a sand bank. The shell passes through frames strung with fine copper wire electrically connected with very sensitive instruments, situated at some distance from the proving grounds. These instruments record to the split second, the time when the shell passes through the screens, and as the time is recorded from each frame, it is then an easy matter to work out the velocity.

Shells of all types and sizes are being made in Canada in ever increasing numbers in factories in both the East and West. The inspection departments of some of these factories remind one of huge wood yards. Hundreds of thousands of these shells are produced daily. Tall thin ones to feed the anti-aircraft guns, short stubby fat ones for field guns, ponderous looking shells for the guns of the British Navy.

Most of the plants had to swing over from domestic production of one kind or another. In some cases the existing machinery and tools were adaptable to the making of shells. In many cases, however, extensions had to be built and new machine tools installed before production could commence. Now the Canadian shell industry is getting into its full stride.

When we consider that a certain type of anti-aircraft gun now being made in this country can fire shells at the rate of 160 per minute, we begin to realize the tremendous number of shells necessary to feed all of the guns used by our army, air-force and navy.

A lot of work goes into the making of a shell. Exacting work it is, for every shell has to be perfect. Out of every lot of 500 shells produced, four are sent to the proving grounds. The record of one factory, which is typical of practically all those producing shells is that there have been no rejects from the proving grounds. Every shell is checked by Government inspectors for inaccuracies of any sort, and this factory has a record for the past year of less than .01 per cent rejected by these inspectors.

Shell manufacture usually follows what is called straight line production. In other words, the rough forging starts at one end of the production line, and at the other end, after a series of processes, emerges a finished product.

The rough forging of a shell to be used in a 25 pound field gun, weighs 29 to 30 pounds mean weight. After passing through the various operations necessary to turn the forging into a finished shell case, the weight has been reduced to 20 pounds, 10 ounces, 5 grams.

CANADA'S ANSWER

Shells by the thousands are streaming out of munitions plants in Canada. The workman shown in this photo is checking Howitzer shells preparatory to shipment.

Five Births Registered at Town Hall Last Week

Born—on November 14th, 1941, to Mr. and Mrs. Robert Thomas Baillie, of Timmins, at St. Mary's Hospital—a son.

Born—on November 7th, 1941, to Mr and Mrs. Samuel Poirier of 26 Messines avenue, at St. Mary's Hospital—a son.

Born—on October 18th, 1941, to Mr. and Mrs. John Martin of 252 Spruce street south—a daughter.

Born—on October 27th, 1941, to Mr. and Mrs. Roy Markle of 82 Second avenue, Schumacher, at St. Mary's Hospital—a daughter.

Born—on November 16th, 1941, to Mr. and Mrs. Lloyd Gloster, of 12½ Kent avenue—a daughter.

Chatham News—Part of the trouble in this world is caused from the fact that too many men and women are concerned about their rights and opportunities without giving the proper amount of time to the consideration of their responsibilities.

Philadelphia Scrapple Available in Canned Form

Now Added to Staple Supply of Canned Goods Ready for the Use of Busy Housewives on Occasion. Will Appeal Especially to Business Women.

(By EDITH M. BARBER)

The business woman housekeeper is always interested in products which are practically ready-to-use, especially when they are in canned form and can be kept as a reserve on the pantry shelf.

When these are the type which can be used as main dishes she finds them particularly useful on a heavy day when she has not time to market. Then is when corned beef hash and codfish cakes, which take only a few moments to fry, come in handy.

Now we have Philadelphia scrapple in canned form. Of course, Philadelphians always use this for breakfast, but they will probably allow us to use it at supper time if we like. If you open both ends of the can, the scrapple itself will come out in a mold which can be sliced easily.

You have probably tried some of the canned stews and the ready-to-use spaghetti products which have been on the market for some time. Perhaps you have the chicken a la king. Among the new products seen this year are the New Orleans jumo and Jambalaya which are among the products to be reserved for special occasions.

With the aid of potato shreds, canned tomatoes and gingerbread mix on the reserve shelf, the business woman housekeeper will have all the material for a quick meal without even making one step at the market. Keep your staple supply staple!

Tomatoes with Croutons

4 cups canned tomatoes.
Salt, pepper, sugar.
1 medium-sized onion, sliced.
3 tablespoons butter.
1 cup croutons.

Combine tomatoes with salt, pepper and sugar to taste. Add onion, cover and cook ten to fifteen minutes over medium heat. Remove cover; if very juicy, boil rapidly about five minutes Add butter. Pour into serving dish and top with croutons. Yield: Six Servings.

Eggnog Sauce

1 cup sifted confectioners' sugar.
2 egg yolks,well beaten.
3 tablespoons brandy or sherry.
½ cup heavy cream, whipped.

Stir sugar gradually into well-beaten egg yolks. Beat in brandy or sherry. Fold in whipped cream. Serve with hot puddings. Yield: Six servings.

Quick Meal

Cream of mushroom soup
Philadelphia scrapple
Mashed potatoes. Tomatoes with croutons.
Lettuce with French dressing.
Gingerbread, eggnog sauce.
Coffee

Method of Preparation

Prepare tomatoes.
Prepare lettuce and dressing.
Make eggnog sauce.
Prepare potatoes.
Cook scrapple.
Light oven.
Prepare gingerbread.
Open can of soup and heat.
Bake gingerbread. Make coffee.

(Released by The Bell Syndicate, Inc.)

That Body of Yours

By James W. Barton, M.D

Taking the Large Meal at Noon

A middle-aged man found himself gradually becoming overweight. He consulted his physician who, after an examination, informed him that he was normal and could safely take more exercise. However, before putting him on the exercise or reducing his daily intake of food, he was advised to eat his large meal at noon and to eat at the evning dinner hour the amount of food usualy eaten at noon.

At the end of one month he had taken off five pounds yet had not reduced his food intake nor taken more exercise.

What in the explanation? Why did he lose this weight? He was an inspector in a factory and had three floors to cover. Thus the large meal at noon gave him the energy necessary to travel up and down stairs and the length of the factory several times during the afternoon. There was no food left in his system to be stored away as fat because of this exercise.

When he ate his small evening meal it was likewise all used up by the ordinary working needs of the body.

When he ate the large meal in the evening and sat around reading or playing bridge or other non-physical effort, a considerable amount of this large meal, not being used by physical effort, was stored away as fat. If only two ounces were stored away daily, it can readily be seen that one could gain about four pounds in one month. On the other hand, if he used up all the food eaten at the large meal at noon because of the exercise taken, there would be none left to be stored away as fat. Then, in the evening as he ate but a small amount, there would be none left to be stored as fat even if he took no exercise. The body processes would use up all that was eaten and also, at times, some of the fat already stored in and on the body.

This large meal at noon and a small meal in the evening is not suitable in some cases because the individual does mental work A large meal means that the blood and energy of the body is being expended in digesting this food and the brain is not receiving the amount of blood rich in oxygen necessary to carry on clear thinking. Most business and professional men try to avoid the large meal at noon because they feel 'sunk' mentally for one or two hours afterwards.

I can remember as a matriculation student, the teacher in English telling that he greatly disliked teaching immediately after the lunch period as most of the class, if not half asleep, were unable to think clearly owing to the big lunch eaten. This lunch was often supplemented by one or more cream puffs purchased at the nearby bakery.

I have spoken before of the excellent results obtained by Drs. Haggard and Greenberg by giving industrial workers five meals a day, using, however, just the same amount of food as in the usual three meals. The workers did fifteen percent more work on the same amount of food.

The point then is that when the overweight individual has some, even if but small, opportunity to 'work off' some of his food intake by walking or other light exercise during the afternoon, the noon meal should be larger than the evening meal.

Another important and unfortunate factor is that many overweights, after eating a large evening meal spend a social evening with friends where the refreshments, for the most part, are bread and butter sandwiches, cakes and candies - all fat formers. Thus a large evening meal to which is added a 'rich' if not late supper means that much fat will be stored away because there is no opportunity for all this food to be burned or used up by exercise.

Overweights should try taking the large meal at noon with no late suppers, for six weeks and see what happens.

Eating Your Way to Health

Do you know which foods contain protiens, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send Today for this useful booklet by Dr. Barton entitled "Eating Your Way To Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York,N. Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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Gertrude Heinonen Becomes Bride of Mr. Tauno J. Flink

Wedding Ceremony Performed by Bride's Father. Couple to Reside in Toronto.

The home of the Rev. and Mrs. A. I. Heinonen was the scene of a quiet yet charming wedding on Sunday morning at 11 o'clock, when the Rev. A. I. Heinonen united in marriage his daughter, Miss Kerttu (Gertrude) V. K. Heinonen to Mr. Tauno J. Flink, son of Mr. John H. Flink and the late Mrs. Flink, of Toronto. Mrs. T. Kallio provided the wedding music.

Given in marriage by her brother, Mr. Kauko Heinonen, the bride was lovely in a gown of white chiffon, fashioned with long bishop sleeves, fitted waistline falling into a full flared skirt, and a small Peter Pan collar trimmed with white embroidery. Her floor-length embroidered net veil was caught in a wreath of small white baby mums, and she carried a large bouquet of pink roses and white baby mums.

Miss Ellie Heinonen was her sister's attendant, wearing a gown of pale pink chiffon, fashioned similarly to that worn by the bride, and carrying a bouquet of Talisman roses. Mr. T. K. Kallio was groomsman.

Following the ceremony, a wedding luncheon was served at the residence, 53 Rea street south, where the bride's mother received the guests, in an ensemble of black silk, with matching accessories and a corsage of Talisman roses. Mrs. J. A. Peterson poured coffee and Miss E. Nykanen cut the wedding cake, while Mrs. H. Pekuri and Mrs. L. Punkari served lunch, assisted by Mrs. A. Maki. Misses Leah and Vera Heinonen.

Mr. and Mr. Flink will take up residence at 15 Boston avenue, Toronto. Prior to her marriage the bride was guest-of-honour at numerous shower events, receiving many lovely personal and household gifts.