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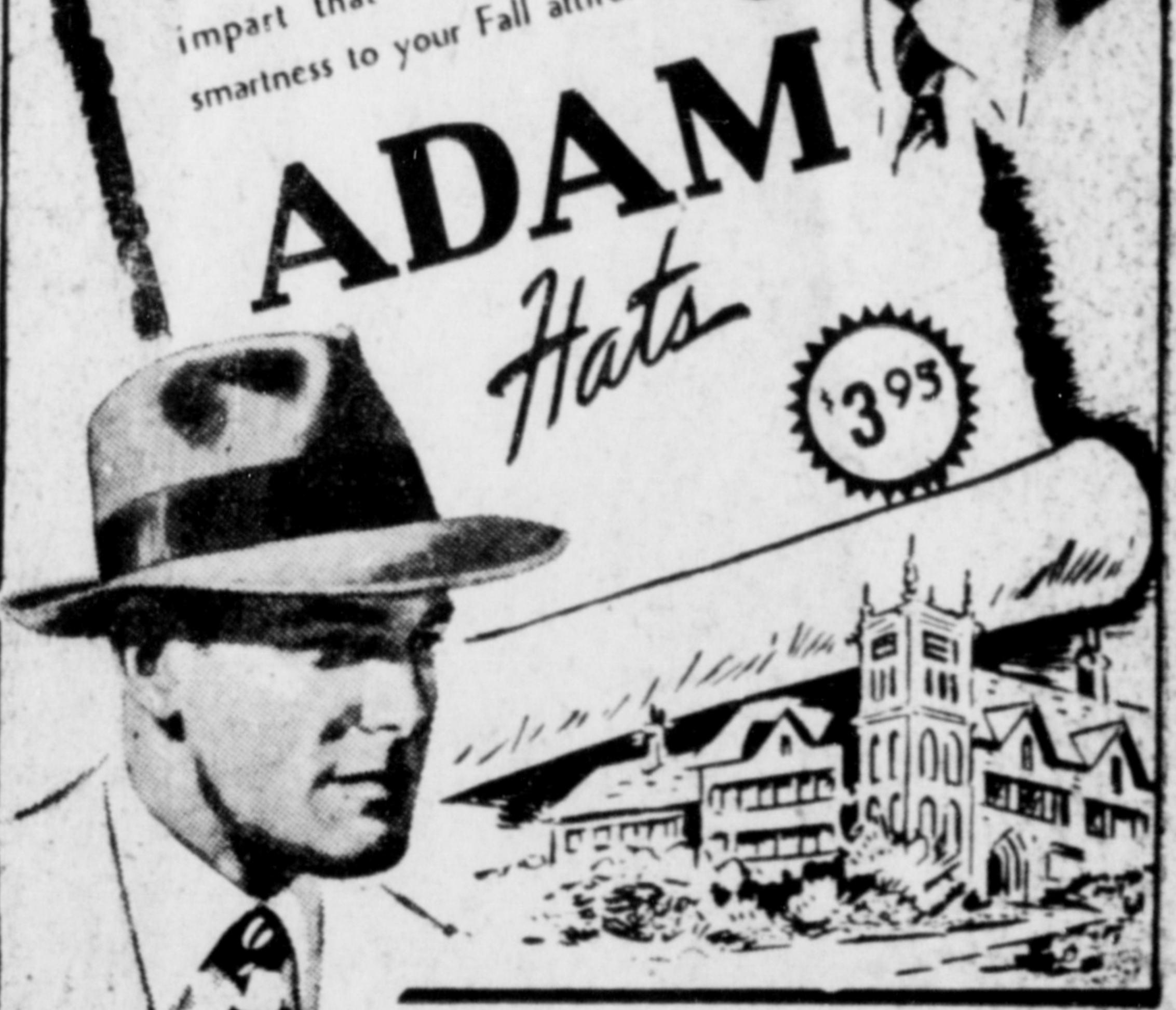
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It's interesting to know when reading the Daily News
that the people of the whole district are doing the same.

The Experts Say . . .

By ISABEL ALLAN
(Canadian Press Staff Writer)
Hints for wartime living from folk who ought to know

SQUASH—What with restrictions on outdoor lighting to help cut down the risk of enemy activity and to conserve power for war industry, wartime nights are darker. Squash is one good source of the "blackout" Vitamin A which helps guard against night blindness, says Marion Harlow of the government's nutrition services. She suggests this is a good time to use squash because it's plentiful.

Over in the Agriculture Department's consumer section, Laura Pepper recommends that squash be served stuffed and baked as a main dish, baked or fried as a vegetable, or with fragrant spices for dessert—in pies and custards.

AUSTERITIES—In England they talk about "austerity" clothes. In Australia civilian life has been put on an "austerity" basis. The accepted definition for "austerity" in this sense is any sacrifice or denial which aids the war effort.

Byrne Hope Saunders—"Mrs. Consumer" of the Wartime Prices and Trade Board—urges Canadian housewives to get the same idea into their daily living. She puts it this way: "We must strip our civilian way of life of everything except bare essentials—we must get down to 'austerity' clothes, 'austerity' food, 'austerity' living."

THOSE CHEESE DAINTIES —
Where with shall it be salted? The other day this weekly feature offered Laura Pepper's recipe for cheese dainties and somewhere along the line to publication a typist had left out the salt and shortening. We repeat it here complete and correct:

Take 1½ cups sifted cake flour, ¼ of a teaspoon of salt, ½ a cup of shortening, ¼ of a pound of cream cheese, ¼ of a cup of sugar and 1 tablespoon caraway seeds (optional). Sift flour. Shape in two-inch rolls, wrap in wax paper and chill thoroughly in refrigerator. Slice thinly. Sprinkle lightly with caraway seeds and bake at 175 degrees Fahrenheit for about six minutes.

REFRIGERATORS — Here are some tips on conserving electricity and taking care of your electric refrigerator:

1. Don't overload; it prevents free circulation of air and takes more current to maintain proper temperature.
2. Place butter, meat and other things that require the lowest temperature in the coldest part of the cabinet—at the bottom.
3. Remove wrappings from all food except frozen food; it takes electricity to cool wrappings.
4. Don't let the freezing unit

get too heavy with frost — but never try to pry off heavy frost with a knife.

5. Clean the coils two or three times a year.

6. Clean up spilled food immediately; acid foods may injure the surface.

FATS—Your kitchen can play an important role in saving fats needed to produce tools of war. Render and clarify fat from beef, chicken or pork for use in the baking of pastry, most cakes, cookies and puddings—and particularly those containing spices. A pamphlet with ideas for saving and using fats will be issued soon by the consumer section of the department of agriculture. It will be available free, on written request to the department's publicity and extension division.

RUBBER FOOTWEAR—Getting new rubber footwear is tough. Here are some tips from the experts on taking care of what you have: Store rubbers and galoshes in a cool, dark place after stuffing them with paper. Don't put footwear near radiators, hot water pipes or other heat. Keep rubber footwear clean with soap and water, removing tar, oil and grease promptly. Don't use dry-cleaning fluids since they weaken rubber and may loosen seams. Make repairs yourself as soon as rubber footwear is damaged or take the articles to a shoe repair shop.

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Miss Doris Lillian Foster Becomes
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St. Andrew's rectory was the scene of a pretty but quiet wedding on Friday evening at 8 o'clock when Miss Doris Lillian Foster was united in marriage to John Martin Quander.

Miss Annabelle Tashan was bridesmaid while Eldin C. Graham acted as groomsmen.

Dean J. B. Gibson officiated. The groom is with the medical corps of the United States Army.

CHAMP VICTORY DIGGER

NUNEATON, Eng., Nov. 2 — Billy Keeley, 54, is a champion at digging for victory. Five days a week he digs coal in the collieries and on the other two days he digs three allotment gardens to add more food to Britain's larder.

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Molybdenum ranks high in the list of strategic war metals. The following information is given as a guide to prospectors and others: to help them identify the mineral molybdenite which is the only important source of molybdenum metal.

MOLYBDENITE

OCCURRENCE—Embedded in, or disseminated through, granite, gneiss, or granular limestone, in which it may appear as specks, thin plates or blocks of leaves. It also occurs in quartz veins.

APPEARANCE—Shiny with grey-blue metallic lustre resembling tin foil with a lead content; very similar to flake graphite.

PROPERTIES—Molybdenite is very soft, it can easily be cut with a knife and is quite malleable. It gives a dark olive-green streak when rubbed on glazed white porcelain (graphite gives a grey streak.)

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