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KEEPING HOUSE IN WARTIME

Conservation - Hints -

RINGER
In most households there are drawers and cupboards that hold many odds and ends that one day might be useful—goodness knows when, but you never know. Look at that collection in the kitchen drawer—now what on earth are you going to do with all those old rubber jar rings—they're well past their canning days. Well—here's what you're probably going to do. Sew them along the sides and corners of your scatter rugs for anchorage. An immobile rug at the bottom or top of the stairs is not a subject to be slipped over lightly.

Don't Skip the Skim
Skim milk is a nutrition winner—pays on protein, calcium, and riboflavin. Use it anywhere you would use whole milk and make a point of it too if you're cutting calorie corners.

Heat by the Ton
And make every ton heat! Today's briefing includes both primary and secondary targets, if you can get through to it here's the main objective.

Check to see that the furnace is in good condition. Badly fitting doors and cracks allow air to enter where it is not wanted and either makes fuel burn too fast or cools off the heating surface. Refit the doors, clearouts and dampers and fill cracks with furnace cement.

If you don't make this target today, remember, you'll have to eventually. Meanwhile circle this for a kill.

Don't stand at an open door gossiping. If your guests insist on a half-hour chat after they've said thank you and goodbye for the third time, be firm. Either shut the front door tight or open it wide so that one more step and they're out.

Oilcloth Savers
What a blight when the kitchen oilcloth gives out. Treat the next piece with more kindness and it won't go so quickly. For the table top arrange several

Time-saving Blueprints For Baking In The Busy Days

"Oh! for a gift of time." And what more precious gift could any woman ask for in these busy days when innumerable claims demand our every waking moment. It's not in the least likely that our fairy godmother will present any of us with a beautiful empty stretch of time to call our very own but we can make time and a few minutes saved here and there do add up. Fewer dinner dishes to wash, time saved in watching and stirring while food cooks; food ready prepared when the mending just can't wait. These self-given gifts of extra minutes make hectic days less wearing. In these ways and others your oven can save time for you if you plan for its capacity use less frequently rather than using it haphazard-like every day. This time-saver is a money-saver too, which is not to be sneezed at, for it takes less fuel to maintain oven heat for three hours than it does to heat it up for one hour three times.

Dishes requiring approximately the same temperature should be chosen as oven companions. If you want to cook pastry or cookies, requiring a higher temperature for a short time, bake

layers of newspaper so that there are no heavy ridges and tack the new piece, firmly in place. Wax it for dirt resistance and keep it lightly shining. Keep this in mind too. If the knife slips and the wound is bad, un-tack the oilcloth and mend on the underside with a piece of ordinary adhesive tape.

Using Your Dome
Maybe you do this anyway but it's worth a mention. When replacing what grandmother used to call dome fasteners sew all the snaps on first, rub chalk on them and then press against the side where the eyelet goes. It's a breeze from there to get a good match.

them first then reduce the heat for other baking. Be sure that dishes planned to be cooked together will fit the oven space without overcrowding. For even baking air must be able to circulate freely around each pan.

Apple sauce, the morning cereal and the soup bone can all be oven cooked and, when baking is finished the stored up heat will dry stale bread for melba toast or crumbs, parsley, celery tops or bits of left-over onion for later use as seasonings and will put the "crisp" back in crackers or prepared cereals.

The Consumer Section of the Dominion Department of Agriculture suggests two blueprints for baking. In each plan a complete dinner is oven-cooked and an extra dessert made.

The first plan centres around the baking of a fruit cake; the second provides for cookies and gets tomorrow's cereal ready for reheating giving you an extra few moments in bed.

PLAN NO. 1
Oven Temperature 300 Degrees F
Dark Fruit Cake, 2½ lbs., 7"x7" — 3 hours
Cereal Pudding—1 hour.
Apple Sauce—1 hour
Spicy Pot Roast with Vegetables—2 hours.
Melba Toast—1 hour
Put fruit cake on top shelf, cereal pudding and apple sauce on lower shelf. At the end of 1 hour remove the pudding and sauce and replace with the pot roast. One hour later add the vegetables to the pot roast. When cake and pot roast are cooked turn off the heat and put thinly sliced bread in oven for melba toast. It will crisp and brown as the oven cools.

PLAN NO. 2
Oven Temperature 375 Degrees F.
Vegetable Meat Balls—1 hour
Baked Apples—50 minutes
Baked Potatoes—1 hour
Drop Cookies—15-20 minutes
Fruit Crumble—40-50 minutes
Oatmeal Porridge—1 hour
Place vegetable meat balls, baked apples and potatoes on upper shelf, when cooked replace

Of General Interest

Lucite Ornaments

This year's Christmas tree may be trimmed with some lucite ornaments. Made from the shavings from airplane windows, these plastic trinkets in clear white and amber are fashioned into icicles and stars that whirl and rotate when suspended.

More About Used Goods

Consumers are reminded that prices of used household equipment are controlled, whether sales take place privately or through a dealer or auctioneer. When sold by dealer, special price schedules govern the price of used sewing machines, electric washing machines, irons, toasters, stoves, vacuum cleaners, typewriters, radios, cameras, refrigerators, metal beds and springs, bicycles. Private sellers may not charge more than the article cost when new.

Homburg, Maybe!

Wives who fancy their husbands in a homburg hat will be glad to hear that some of this type may be found in the men's shops shortly after Christmas. Production, of course, will depend on manpower and available material.

Price Tags Required

All clothing and foodstuffs must carry a price tag when displayed in retail stores. This regulation, however, does not apply to clothes or food when used in special window displays.

cookies with fruit crumble. Start porridge on top of stove and cook 5 minutes. Cover and place in oven to cook on stored heat after oven is turned off. It will depend on the insulation of the oven whether the porridge will be cooked completely before the oven cools off. Cooking can be finished in the morning if necessary.

Vegetable Meat Balls
2 medium onions, chopped
3 tablespoons dripping
1 lb. ground meat, preferably beef
1½ cups finely diced, cooked vegetables
¾ teaspoon salt
¼ teaspoon pepper
1 egg, beaten
flour
2½ cups canned tomatoes
3 tablespoons chopped parsley
Cook onion in part of the fat, then skim out and mix onion with the meat. Add vegetables, salt, pepper and egg. Form into 12 balls. Roll in flour and brown on all sides in remaining fat. Place in a casserole. Add tomatoes, sprinkle with parsley and cook 1 hour in a moderately hot, 375 degrees F., oven. Six servings.

Spicy Pot Roast of Beef
3 lbs. round roast
½ cup water
½ cup vinegar
4 cloves
Small bay leaf
1 small onion, cut fine
teaspoon salt
Flour
6 medium potatoes
6 medium carrots
1 medium turnip, diced
Place meat in a bowl, combine water, vinegar and seasonings and pour over the meat. Let stand at least 3 hours, turning the meat several times. Remove meat from liquid, dredge well in flour and brown on all sides in a little hot fat in a heavy pot or Dutch oven. Place a rack under the meat, add strained spiced liquid. Cover closely and cook in a slow oven, 300 degrees F., until meat is tender, about 2 hours. Turn meat several times during cooking. Add vegetables at end of 1 hour. Use the drippings in the pan as a base for gravy.

FAREWELL PARTY AT DODGE COVE

Mr. and Mrs. H. Lund Honored Before Leaving for Vancouver.

People of the Digby Island community of Dodge Cove gathered in the school house in a farewell party for Mr. and Mrs. H. Lund who are leaving for Vancouver this week to take up future residence. Dancing with music by Wahl's Orchestra was enjoyed throughout the evening and a feature of the proceedings was the presentation to the parting guests of a chenille bedspread and blanket, sentiments suitable to the occasion being voiced by Mrs. R. Alvie and Mrs. R. Benson in making the presentations. A toast proposed by J. Peterson was responded to by

Mr. Lund. Delicious refreshments were served.

Those present were Mr. and Mrs. Lund, Mr. and Mrs. H. Wahl, Mr. and Mrs. E. Christensen, Mr. and Mrs. Alvie, Mr. and Mrs. Bud Tone, Mr. and Mrs. A. Benson, Mr. and Mrs. Simelson, Mr. and Mrs. J. Hadland, Mr. and Mrs. E. Eidsvik, Ivor Wick, Mr. and Mrs. N. Peters, Mr. and Mrs. Sandal, Mr. and Mrs. Melvin, Jens Peterson, Mr. Knutsen, Henry Wahl, E. Wahl, H. Johnson and Roy-Johnson.

Local Radio Station Goes Off Air Today

Radio station CFFR went off the air at 10:30 this morning for the purpose of installing new transmitting equipment including antennae. The station may be on again this afternoon or it may be some days.

Advertise in the Daily News.

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Venereal Disease

A CHALLENGE TO LEADERSHIP



THE eradication of V.D. is a challenge to leadership.

Those who, yesterday, accepted that challenge left legacies of knowledge, hope and courage.

Through their keen, searching eyes the sinister, squirming syphilis germ was first exposed. From their countless experiments came "606" . . . and the blood test. From determined lips came words which helped tear away the shroud of prudery.

Today, others have taken up the challenge. Science has made priceless discoveries which rob Venereal Disease of much of its terror. Health Departments are waging aggressive war on syphilis and gonorrhoea. Physicians and nurses are alert.

Leadership is strong on the HEALTH Sector. It must be equally strong on the other three . . . WELFARE . . . LEGAL . . . MORAL.

To welfare leaders, squalor, neglect and insecurity are challenges to be met . . . to be overcome, if the roots of Venereal Disease are to be destroyed.

On the legal sector, aggressive leadership by law enforcement officials, the legal profession and civic authorities can turn the tide of battle against a vicious enemy of mankind. By permanently closing houses of prostitution and cleaning up undesirable places which facilitate the meeting of

healthy and infected young people, Venereal Disease will be sharply reduced.

The continuing threat of Venereal Disease is a tremendous challenge to church and home. The moral sector can reduce V.D. . . . IF the moral fibre of the nation is strengthened . . . IF individual character is fortified . . . IF the sanctity of marriage is upheld . . . IF, above all, the moral wisdom of the ages is applied in the practical, daily issues of personal, community and national life in Canada.

Whether your leadership is in a family group, a club or a community, you have an opportunity to serve. Learn the facts about Venereal Disease and its control. Inform others. See that conditions in your community are the kind that will give your son and daughter, and your neighbour's, the chance to grow up in an atmosphere of decency, wholesomeness and good health.

THIS IS YOUR CHALLENGE!

FIGHT VD ON THE 4 SECTOR FRONT



For all the facts about VD write your Provincial Department of Health for the new, free booklet "VICIARY OVER DISEASE".

Sponsored by DEPARTMENT OF NATIONAL HEALTH AND WELFARE To further Canada's fight against V.D.

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