

Mothers Easy Way

of Bronchitis Colds

to Help Relieve Coughing Spasms, Irritation and Inflammation in Bronchial Tubes

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STIMULATES Now don't take chances with untried remedies—get grand relief tonight with this time-tested, double-action home remedy for relieving bronchitis miseries. Try it!

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KEEPING HOUSE IN WARTIME

Timely Tips

Tips for meal planners—well why not? Homemakers, who are trying to balance budgets and trying to please the family as well, are always on the look-out for timely ones.

The Division of Nutrition, Ottawa, offers a few tips which will help to make the right foods easy to look at as well as easy to eat. For instance, it suggests that menu planners make sure of color and flavor contrasts, and avoid using the same type of dish twice in one day; that textures of food should vary, so that meals won't be too dry or too soft—for instance, crisp foods seem to go with soft ones—that one should aim for as much variety as possible and serve one hot dish at each meal.

Finally, to plan for the children first, then add the necessary extras for the adults, is sound advice. This can be accomplished by the careful choice of foods from each of the five major groups listed in Canada's Food Rules.

Treatment of Burns Requires Much Care

British Scientists Warn Against Ill-Advised Use of Home Remedies

LONDON, March 13 (P)—Here is the advice of three scientists of the Medical Research Council on how to give first aid for burns:

"Small accessible burns should be covered with a freshly-laundered towel or sterile cloth. Extensive burns should not be first-aided at all but the patient be kept warm and given morphine if necessary and removed to hospital immediately.

"For superficial burns treated at home or when severe burns cannot be fully treated without considerable delay, the burnt area and the area around should be freely smeared with a water-solution cream containing one per cent of ethyl trimethyl ammonium bromide and three per cent sulphamamide, applied with a sterile knife.

"The findings of the council scientists were published in a government booklet. It told how volunteers in the burns units of Glasgow Royal Infirmary submitted to slow burning in an experiment.

"Owing to the natural urge on the part of the patient or his friends to do something (however ill-advised), it has been found that 75 per cent of civilian patients arrive at hospital with some kind of application to the burned area... often covered with a dirty or at least a non-sterile piece of cloth. First aid remedies of this kind, especially if they are applied, as they usually are, without aseptic precautions, may well do more harm than good."

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USE DEHYDRATED APPLES, SAVE MONEY AND SUGAR

Dried apples have gone modern. Up-to-date processing methods have been so successful that dehydrated apples are as much a part of modern menus as the old-fashioned apple rings were in grandmother's day. Dehydrated apples are economical as well as convenient, require no peeling or coring, just need to be rehydrated in order to be restored to plumpness before cooking.

The Consumer Section of the Dominion Department of Agriculture gives the following pointers in the care and handling of dehydrated apples.

To Measure—Pack the measuring cup well. There are approximately 8 cups of apples per pound.

To rehydrate—Cover with water and soak for four hours or better still, overnight in the refrigerator or other cool place. It usually takes about two cups of water to cover one cup of dehydrated apples. If the apples are fresh and very dry they may require more water which may be added while the apples are cooking.

Dehydrated apples are "sugar savers." Usually two tablespoons of sugar per cup of dehydrated apples is ample for sauce and one-third cup of sugar for a nine-inch pie.

To store dehydrated apples—Keep in a cool, dry place, preferably in a tin or glass container with a tight-fitting lid. Keep closely covered to prevent the apples from absorbing moisture from the atmosphere and to prevent them from turning dark.

Dehydrated apples may be used in batter and steam puddings, pre-cooking as for pies.

Of General Interest

Used Car Sales

In sales of used cars, dealers usually demand a trade-in. However, no trade-ins are required on sales of used cars made to holders of essentiality permits which are granted to persons who are eligible for new rubber tire under order 4 of the Rubber Controller. In this instance the sale must be made for cash with no trade-in or other consideration required.

Off the Ration

Canned crab apples and canned rhubarb, both sweetened and unsweetened in all sizes of containers, have now been removed from the preserves ration.

Ration Advice

Service men and women on leave must secure short or long leave ration cards from their unit or district depot, since local ration boards are not permitted to issue any ration cards to men and women in the armed forces.

Saving Sugar

By making two sugar coupons good on the third Thursday of every month, instead of two coming valid every four weeks, Canada will save about 10 thousand tons of sugar this year. It will mean a cut of only two pounds each to every Canadian ration book holder.

Apple Sauce
2 cups dehydrated apples.
4 cups water
¼ cup sugar
Add water to apples and soak for 4 hours or overnight in refrigerator or cool place. Bring to boiling point and cook gently about 8 minutes or until apples are soft—adding more water if required. Add sugar, cool and serve as fresh apple sauce or use in other recipes. Makes 4 cups apple sauce.

Apple Pie
2 cups dehydrated apples
4 cups water
1-3 cup sugar
¼ teaspoon lemon juice
1 teaspoon butter
(pastry for double crust, 9-inch pie)
Add water to apples and soak 4 hours or overnight in refrigerator or cool place. Bring to boiling point and cook gently 5 minutes or until apples are tender, but still retain their shape. Arrange in uncooked pie shell, sprinkle with sugar, spice, lemon juice and dot with butter if desired. Cover with pricked top crust and bake in hot oven, 400 degrees F., for 30-35 minutes. Makes 1 nine-inch pie.

CIVILIANS FACE CLOTHES CRISIS

LONDON, March 13 (P)—Lack of labor and scarcity of mills for civilian production has brought a crisis in women's clothing—traders say that unless a decline in stocks is checked there may not be sufficient to meet current ration coupons.

Materials for women's stockings, dresses and summer-weight clothing generally are so scarce that orders placed recently will not be delivered until autumn at the earliest.

Stocks of men's shirts also will be lower than last year.

Capt. C. Waterhouse, parliamentary secretary to the Board of Trade, has said that unless more yarn is produced from raw cotton, the "present meagre standard" of clothes rationing would be in danger.

The industry is not hopeful that much can be done to improve the situation.

"Women will just have to use the clothes they have," said one leading woman buyer.

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