

GUERRILLA GIRL GIVEN MEDAL

LONDON, July 24 (C)—Two women who for five years avoided the Gestapo and as a reward for their underground activities were awarded their country's V. C.—the Polish Virtuti Militari—came to London to tell of the special espionage and fifth column work they performed.

Maj. Janing Karas, formerly chief liaison officer for the Polish Home Army, and Maj. Wanda Lenar, commander of the anti-Nazi sabotage organization in Poland, said that with a specially trained band of 100 girls they not only succeeded in running thousands of gallons of urgently needed gasoline but also maintained contact between General Bor and the late General Sikorski.

Other activities included the damaging or precision instrument factories, burning of stores and the cutting of railway lines. In fact, so great was the havoc caused by this women's force that the Germans maintained an entire army group in an endeavour to counteract their activities.

The two majors were only captured once, and although the Gestapo offered large rewards for their arrest, the Germans failed to recognize them and turned them loose.

RADSTOCK, Eng., (C)—Lord Hylron, Conservative M. P. for Wells, Somerset, from 1895 to 1899, Lord-in-Waiting to the King in the last war and Captain of the Yeomen of the Guard from 1918 to 1924, died at the age of 82 at his home near here.

Hair-Do Tinted Rainbow Shades

LONDON, July 24 (C)—Tinted hair to match their frocks was featured by 80 of the 100 models who took part in London's Albert Hall Vanity Fair and the shining tresses featured nearly every shade of the rainbow.

One model had what is called "an upsweep hair-do" with the back half tinted green, half blond, and the front hair piled up into feather curls, each tinted a different shade.

The bright hair shades, it was explained, are painted on with a fine brush or spray. It is said that the paint does not harm the hair and can be washed off at any time.

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KEEPING HOUSE IN WARTIME

Outdoor Eating Appeals to All; Good Picnic Recipes are Given

The lure of the great outdoors draws its annual crop of city dwellers from their homes, to the porch, the back lawn or the distant stream and meadow. And of course, the lunch is the important thing.

Crisp salads and hot oven dishes can provide plenty of variety for the "one plate meal." Breads, buns and several spreads are fun for a serve-yourself lunch and mean a holiday for mother too.

Pack crisp salad ingredients separately or mix together with a tangy dressing at the very last minute. To keep cool, wrap the container in wet newspapers then in several thicknesses of dry.

Bean pots are grand for carrying hot dishes such as stews, macaroni and cheese or baked beans. Wrap thick layers of newspapers around the pot or casserole taken straight from the oven and it will be piping hot after a short run to the camping ground.

Here are some interesting recipes:

Meat Folders
2 cups ground cooked meat
1 tablespoon salt
1/2 teaspoon sugar
1/4 teaspoon pepper
1/2 cup chili sauce
Biscuit dough made from 2 cups flour

Combine meat, fat and seasoning and cook 2 minutes. Divide

dough into eight portions. Roll each piece separately 1/4 inch thick. Place a portion of meat mixture on half of each piece of rolled dough and fold over, pressing edges together. Bake in a hot oven, 425 degrees F., for 12 to 15 minutes.

Picnic Salad
2 cups shredded cabbage
1 1/2 cups baked beans
4 frankfurters, cooked and sliced
1 tablespoon chopped onion
1 tablespoon vinegar
2 tablespoons chopped mustard
pickle
Combine all ingredients lightly. Six servings.

Fruity Picnic Cake
3 cups fresh fruit—raspberries sliced strawberries or peaches
1/4 cup sugar
1 1/2 cups sifted all-purpose flour
3 teaspoons baking powder
1/4 cup sugar
1/2 teaspoon salt
1/4 cup shortening
1 egg
1/2 cup milk

Topping
3 tablespoons mild flavored fat
3 tablespoons sugar
2 tablespoons flour
Sprinkle 1/4 cup sugar over prepared fruit, let stand 10 minutes. Mix and sift flour, baking powder, sugar and salt. Cut in shortening using pastry blender or 2 knives. Beat egg, add milk, stir into the flour mixture, blending well. Spread dough in a greased cake pan. Cover with sweetened fruit.

Topping: Cream together fat, sugar and flour, and sprinkle over fruit. Bake in a hot oven, 400 degrees F., about 45 minutes. Makes a cake 8 x 8 x 2 inches. Six servings, picnic size.

APRICOT RICH—Another fruit rich in vitamin is the apricot, an excellent source of vitamin A which keeps eyes clear and bright and complexion soft and smooth. Unlike C, vitamin A is well retained when the fruit is cooked or canned.

In addition to generous portions of vitamin A, fresh apricots also contribute some vitamin C while dried apricots, which have been absent on war service for the last few years, contain a considerable amount of iron.

Australia Follows Canadian Fashions
MONTREAL, July 24 (C)—Australia, which is dependent on Canadian mills for much of the fabrics used in the manufacture of women's wear, is looking to Canada for its fashions as well, Margaret McNeill, Sydney, N.S. W. dress manufacturer, said here.

"In the past, we have purchased most of our supplies in New York but we now feel that Canadian designing has reached a point where it compares favorably with styles produced anywhere else in the world," she said after inspecting fabrics of a Canadian producer at Cowansville, Que.

Miss McNeill said she had completed arrangements with a leading Montreal designer to produce his line in Australia—the first arrangement of its kind between Canadian and Australian dress manufacturers. The Montreal designer will ship a selection of his original samples to Australia each season for copying by Miss McNeill's firm. Each garment will carry the designer's label, identifying it as a Canadian product.

SHOULDER BAG PARIS FEATURE

PARIS, July 24 (C)—The shoulder-slung purse, like the automobile, is here to stay. In Paris, unlike America, the pocket book with the shoulder strap is universally worn and the type which tucked under the arms is as extinct as a corset cover. The reason, of course, is purely utilitarian, as women in France need both arms free for such purposes as riding bicycles and carrying shopping bags. Shortages of fabrics and leather have taxed the ingenuity of the designers, but they have turned out huge handbags in heavy cloth and brilliant colors, making them the smartest of all summer accessories.

HOW CAN I ???

By ANNE ASHLEY

Q. How can I save time when cleaning silver?
A. Make a solution of 1 quart of boiling water, 1 teaspoon baking soda, and 1 teaspoon salt. Pour into an aluminum vessel and place the silver in it. Allow to remain for a few minutes, then rinse with clear hot water. Clean the kettle at once.

Q. How can I hasten the whipping of cream?
A. Try adding three or four drops of lemon juice to the cream, and it will hasten the operation of whipping it. The cream will soon thicken.

Q. How can I clean bathroom tiles?
A. All dark spots and lines will be eliminated if the tiles of the bathroom are washed down with a paste made of plaster of Paris. Allow it to dry and then wipe off.

Buy War Savings Stamps

Of General Interest

Meatless Days at Home

Canadians are being asked to eat less meat. Restaurants will not serve it on Tuesdays and Fridays and housewives are asked to follow suit. In this way, millions of pounds will be saved for shipment abroad.

Keep Up Good Work

By watching what you pay and buying only what you need, by staying on guard against the few who are willing to buy and sell above the ceiling price, you are helping to beat inflation. Knowing that you are on the job helps everybody, including the merchant.

"P" Coupons for Preserves

"P" coupons have the same value as other preserves coupons, one half pound of sugar or the usual amounts of rationed preserves. Ten became valid July 19 for the purchase of sugar for canning.

Sent on Request

British war brides, who want information on price ceilings, and who like to keep up-to-date on regulations, should write to the Consumer Branch, Wartime Prices and Trade Board, Ottawa, for literature relating to these subjects.

MEDIAVAL BROOCHES

The women of the Middle Ages wore brooches of the ring type, in which the pin was held in place by the fabric through which it passed.



GYRO CARNIVAL QUEEN CANDIDATE—Here is attractive 17-year-old Lillian Knutsen, Gyro Club candidate in the Civic Centre Carnival Queen contest. She was born in Prince Rupert and is the daughter of Mr. and Mrs. John Knutsen, 334 Sixth Avenue East. Gyros and friends are putting up a strong campaign on her behalf.

"HAPPY is the day when BREAKFASTS start this way!"

Look for this familiar package in your food store—THE ORIGINAL NIAGARA FALLS PRODUCT!

EASY TO SERVE... ENJOY IT TOMORROW!

YOUNGSTERS just love NABISCO SHREDDED WHEAT served with luscious raspberries or other fresh fruit—it brings happy smiles at breakfast, lunch or supper.

Made from 100% Canadian whole wheat—everyone benefits from its wholesome nourishment—and all enjoy its sunny golden-wheat flavor—its tender baked crunchiness. Serve it often.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD., NIAGARA FALLS, CANADA

"CHECK YOUR CHEST"...

TIMETABLE

ALL RESIDENTS OVER 12 YEARS OF AGE IN THE VICINITY OF

General Hospital

ARE INVITED TO HAVE A FREE CHEST X-RAY EXAMINATION

MON. - TUES. - WED. - THURS., JULY 23, 24, 25, 26

HOURS: 9:30 to 11:30 a. m. — 2 to 4 p. m.

— COME EARLY —

LADIES ARE ASKED TO WEAR TWO-PIECE GARMENTS TO HELP SPEED THE SERVICE IN THE LADIES' CHANGE ROOMS

THE X-RAY SURVEY IS ANOTHER SERVICE OF THE PRINCE RUPERT HEALTH UNIT

THIS ADVERTISEMENT SPONSORED BY CHRISTMAS SEAL COMMITTEE — KINSMEN CLUB, Prince Rupert

The Experts Say - -

MAKING MOST OF RATION—Here are tips from the experts on how to make the most out of war-rationed foods:

Far from the city sounds, or even in a cool corner of the backyard, picnic meals again are calling for picnic fare. That usually means sandwiches and sandwiches bring up the problem of rationed butter.

The home economists of the agriculture department's consumer section have worked it out and found that one-quarter pound of butter spreads 20 slices of bread. With certain types of filling, such as cream cheese, peanut butter or meat paste, only one slice need be buttered for each sandwich. In this way, one-quarter pound of butter is enough for 20 sandwiches.

Sandwiches are of two kinds—"hearty" and "party"—and picnics of course, call for the hearty variety—thick, crusty and well-filled.

Here are some tricks to remember in sandwich-making: Don't melt butter. Soften it to just the right consistency and it will go farther.

Use day-old bread or, if only fresh bread is on hand, put the loaf in the ice-box for an hour or so before using. It will slice better.

If the sandwiches are made several hours before serving, wrap them first in waxed paper, then in a damp towel and store in the refrigerator or a cool place.

Here is a sandwich-filling with taste appeal and staying quality. This filling for the "hearty" sandwich is especially good for Sundays and holidays because it can be made up ahead of time and kept in the refrigerator.

It's called tomato meat sandwich filling. To make it, combine 2 cups of ground meat, two tablespoons of grated onion, 1/2 cup tomato juice, a few grains of cayenne, one teaspoon chili powder, salt and pepper to taste. Cook, stirring constantly until the mixture reaches the boiling point, then cool and store in a covered container. The yield is about 2 1/2 cups and the filling will keep several days in the refrigerator.

RICH RED CHERRIES—Are making their appearance in shop windows again and that brings up a tip from the division of nutrition.

The division's experts point out that cherries are a good source of iron necessary for the blood and would be beneficial either before or after a trip to the blood donor clinic. They also provide vitamin C. To get their full vitamin C value, some of which is lost in cooking, fresh cherries should be eaten as is—raw.

Aiding Canada At This Time— The National Employment Service

is equipped to help job-seekers—both men and women—through its local Employment Offices in 200 cities and towns. These offices also offer effective service to employers needing workers.

Employers and workers can aid in finishing the Pacific War and in reconversion and reconstruction by making full use of the Local Employment Offices.

Several restrictive Manpower Controls have been removed—but because of continuing unfilled vacancies in important industries, others have to be continued for the present.

The labour situation has not yet been met in some top-ranking priorities—home building, food production, textiles, and others. Hence, the Controls that remain. Mainly, these include:

SEVEN-DAY NOTICE TO TERMINATE EMPLOYMENT, REMAINS. any man or woman, 16 to 65 years of age, wishing to leave employment in industry or commerce must give 7 days' notice to his employer in prescribed form, or an employer must give an employee similar notice, unless Regulations provide specifically for shorter notice, or unless an Employment Office approves shorter notice.

MEN MAY NOT LEAVE JOBS IN "DESIGNATED" ESTABLISHMENTS: only with permission of the Employment Office may men leave jobs in "designated" establishments.

EMPLOYERS MUST REPORT VACANCIES: Regulations still require employers in industry and commerce to list all vacant positions—whether for men or for women—with the nearest Local Employment Office.

UNEMPLOYED MEN MUST REGISTER: men who are unemployed are still required to register at the nearest Local Employment Office, if unemployed 7 days.

MEN REQUIRE PERMITS TO SEEK OR ACCEPT EMPLOYMENT: it is still illegal for a male person, 16 to 65 years of age, to seek employment without a permit, in practically any industry except agriculture; also, it is still illegal for an employer to hire such a male person without a permit.

FEMALE WORKERS ACCEPTING EMPLOYMENT MUST BE REPORTED: while women and girls seeking work in industry or commerce may do so without a permit, either the employer or the worker must report the fact to the nearest Employment Office within three days of the time a woman is hired.

MEN MAY NOT LEAVE EMPLOYMENT AFTER DIRECTION: men already moved to employment under compulsory direction, may not leave the employment to which they have been transferred, without permission.

MEN MAY NOT LEAVE AGRICULTURE: during the present busy season on the farm, men may not leave agriculture without permission of the Local Employment Office. Any man from agriculture, working at another job, is liable to direction back to farm employment. Employers may not hire men from agriculture, except with permission.

RIGHT OF DIRECTION: Employment Offices may still direct male persons, 16 to 65 years of age, to work at agriculture, mining, and a few other basic industries.

LABOUR EXIT PERMITS: Labour Exit Permits are still required by anyone wishing to seek or enter employment outside Canada: apply at your Employment Office.

ADVERTISING: Permission to advertise in regard to the engagement of male employees is necessary, before such advertising may be issued.

National Employment Service to ease Transition
The National Employment Service, by effectively organizing the employment market in Canada, can do much to ease the economic effects of the transition from war to peace.

Employers and work seekers, both men and women, are urged to co-operate by using the placement facilities of the National Employment Service.

DEPARTMENT OF LABOUR
HUMPHREY MITCHELL Minister of Labour
A. MacNAMARA Director