

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

PURPLE PRACHI DECAOCTEES

In view of the abundant crop of peaches this season, the following recipes for home canning of this fruit may prove useful.

PRACHI MARMALADE

- 18 peaches
- Sugar
- 3 oranges
- Water

Peel and stone the peaches. Remove seeds from oranges and put through a food chopper. Mash all together, which will allow an equal amount of sugar. First cook the food until tender in a small amount of water, then add heated sugar and boil quickly until thick. Pour into hot sterilized glasses. Cool, seal with paraffin wax, and store.

PRACHI CANTALOUPE MARMALADE

- 12 peaches
- 3 oranges
- 1 cantaloupe
- Sugar

Peel and stone the peaches. Peel oranges and remove skin from the melon. Slice fruit finely. Measure weight and add an equal quantity of sugar. Boil quickly until thick. Seal and store.

PRACHI AND APPLE MARMALADE

Use equal parts of apples and peaches. If the apples are a good color, do not peel them. Add three-fourths as much sugar as fruit. Cook the mixture slowly until it is thick and clear. Seal in clean hot jars. Equal parts of rhubarb, peaches and apples may be used.

FIVE FRUIT PICKLE SAUCE

- 6 peaches
- 6 apples
- 6 pears
- 20 tomatoes
- 1 pint sliced plums
- 3 red peppers
- 5 cups sugar
- 2 sticks cinnamon
- 1 tablespoon whole cloves
- 1 tablespoon mixed spice
- 2 tablespoons salt
- 1 quart vinegar

PRACHI AND CANTALOUPE PRESERVE

- 3 cups dried peaches
- 3 cups sugar
- 1 cup blanched shredded almonds
- 2 cups dried cantaloupe
- 2 oranges, juice and rind

Mix all the ingredients and cook until the mixture is thick and clear. Pour into sterilized glasses. When cold cover with hot paraffin wax.

CANNING FRUITS AND VEGETABLES

There is nothing more satisfying to a housewife than a pantry shelf well stocked with home-canned fruit and vegetables, states Miss Edith L. Elliot in the revised edition of the publication "Canning Fruits and Vegetables," No. 534, Dominion Department of Agriculture, now available on request to the Publicity and Extension Division.

If food products are left in their natural state, most of them spoil in a few days, some in a few hours, owing to the growth of bacteria, mould, or yeasts on their surface or in their tissues, the author of this bulletin explains. If such organisms can be destroyed and the entrance of other organisms prevented, the food can be kept in good condition indefinitely. Sufficient heat for a sufficient length of time will destroy any form of life.

Successful canning therefore depends on destroying all micro-organisms and using airtight containers which prevent re-infection. The aim in canning fruit and vegetables is to secure this result while preserving natural shape, color, and fresh flavor. Safe canning depends on strict attention to every step in the process. Vegetables and fruit should be canned fresh. The fresher they are, the better will be the finished product and the smaller the chance of failure. For best results fruits and vegetables should be canned the day they are gathered.

No equipment for home canning is needed other than that found in the ordinary kitchen, sharp knives preferably of stainless steel, a colander, bowls, measuring cups, enamel pie plates, wooden spoons, a wide-mouthed funnel for filling jars, and a jar lifter to save burned fingers in lifting jars from the sterilizer.

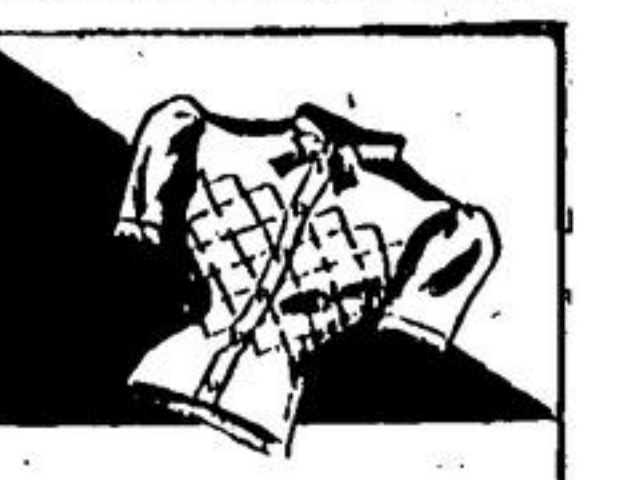
Full information of every phase of canning is given in the publication—methods of cooking, jar rubbers, jars, sterilizing, processing, time tables for canning the various fruits and vegetables, and other necessary facts.

FIRE INSURANCE NEEDED

The insurance office was rung up by a very excited woman. "I want to insure my house," she said. "Can I do it over the phone?" "I'm afraid not. Perhaps we'd better send a man along." "I've got to do it immediately, I tell you," came the frantic voice. "The place is on fire!"

Hints On Fashions

Mirrors on Gloves Add Novel Note to Fall Accessories

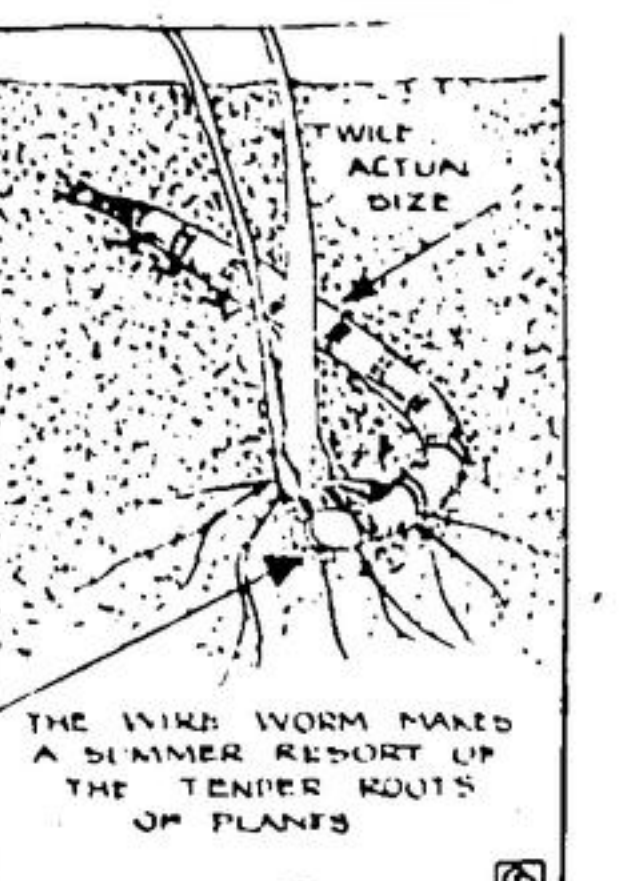


Accessories for Autumn

Here are some little and smart accessories guaranteed to brighten up a late summer and early autumn wardrobe for you. There is an overblown in least-colored jersey, cleverly pin-tucked in plaid design, from yoke to waist. The little neckband with a bow in front is nice with autumn suits. The belt is in dark green suede with padded brown kid appliques in a leaf motif forming a strap and buckle. The gloves are an amusing new note in Paris fashions. A little round mirror of unbreakable glass is cradled into the back of each dress-skin glove. The underside where the glove buttons is shorter than the back, which has rounded edges. The show of brown kid has a moss-ash-like suede tongue, with fringed edges seen along the top of the vamp. The bow is of suede.

Weekly Garden-Graph

Written by DEAN HALLIDAY for Central Press Canadian



Trapping Wire Worms

Wire worms are a menace to the lawn, flower beds and vegetable garden. They are often found in abundance in light soils. Plants which have been attacked by wire worms begin to look sickly and when dug up it will be found that the worms have eaten practically all the roots.

Shown in the Garden-Graph is a picture of the wire worm about twice the size of the actual worm. The worm is the larvae of the click beetle. It is 1 1/2 inches long, slim and either orange-brown or yellow in color. As these worms live to ripe age of five years, they provide a perennial problem for the gardener.

From England comes a new idea in fighting wire worms. This is to trap them by appealing to their greediness. The method of trapping them is as follows: Place one-inch-square pieces of carrot two inches deep in the soil, a foot apart. Have the pieces of carrot split with a small stick so they can easily be pulled up. The wire worms which will be found clinging to the pieces of carrot can then be dropped into a can.

GOOD SHOES FOR YOUNG AND OLD

Correctly Fitted B. D. RACHLIN, Acton

"Our" Column

Items of Particular Interest to Women in Which Women Readers of The Free Press May Discern Each Week

A MORNING GLORY FOR EACH DAY OF THE WEEK

Thursday, September 18th Any debt is a possible danger until it is paid.

Friday, September 19th Man never grows into wisdom; he becomes wise as he discovers his mistakes.

Saturday, September 20th One little word may inflict a hurt which a thousand kind words cannot heal.

Sunday, September 21st Take as a father (fifth) his children, so the Lord pitied them that fear Him (Psalm 103:13).

Monday, September 22nd Opportunity never waits till we have ceased to realize it.

Tuesday, September 23rd When a saying hints us, it probably has truth in it.

Wednesday, September 24th Wasted hours can never be recalled. NUTRICE BICKHAM

HOME HINTS

Soak the new paint brush for one hour in oil and turpentine, before putting in the paint can. You can easily mend a crack on the inside of a range by using a filling made of equal parts of wood shavings and common salt, moistened with water. This will prove hard and lasting.

DID YOU KNOW?

Dugly chickens are not chickens at all, but the smaller sea-birds which are prepared for the consumer by smoking. It is somewhat peculiar that while these "chickens" have little in common with ordinary chickens, yet they are much alike in protein content, the feathered chickens having 13.7 per cent, and the feathered chickens having 13.2 per cent.

COAL PREPARATION IN CANADA

The preparation of coal for various uses has become an important marketing problem, according to the Department of Mines and Technical Surveys. The increasing competition of other fuels with the increased use of mechanical burning equipment in industrial and domestic heating plants the demand for fuels having standardized physical and chemical properties has become insistent. Coal preparation, whether affected by screening, mixing or blending, and cleaning, increases the value of the fuel by making it more suitable to the variable uses of the consumer. During the year 1935, the total distribution of Canadian coal amounted to 14,081,376 net tons, of which approximately 28.0 per cent was disposed of as run-of-mine, whereas 51.1 per cent was distributed as slack, 28.9 per cent as lump, and only 12.0 per cent as egg, nut and pea sizes.

Preparation by sizing is not only necessary because of the introduction of mechanical-burning equipment, but in certain cases to assure satisfactory storage over long periods of time. The sizing of coal leads to the production of an increased quantity of fines, but up to the present no difficulty has been experienced in disposing of these. A large proportion is used in pulverized coal power plants, and in Alberta two plants are consuming some 30,000 tons per year for the production of briquettes. In both cases the preparation of briquettes is necessary to cut down the quantity of fines present in the run-of-mine coal used in locomotives. At one mine about fifteen per cent of the fines produced is briquetted and returned to the run-of-mine coal.

Producers are meeting the increased demand for sized coal either by the alteration of old equipment or the installation of new modern screening plants. At present practically every mine of reasonable size in Canada is capable of satisfying the more exacting demands of the market.

Mixing or blending of Canadian coals for various uses has become standard procedure in certain areas. The St. Lawrence market, extending from Quebec to Toronto, consumed 2,895,945 tons of Nova Scotia coal in 1935, a large proportion of which was prepared by blending the outputs from various seams in order to produce a fuel that would suit the type of burning equipment used in these areas.

Although the cleaning of coal by hand picking is standard procedure in Canada, cleaning by dry and wet processes, especially of the smaller size, is becoming more extensive. In Nova Scotia more than 800,000 tons of coal per annum are washed for use in preparation of coke in the Provinces of Nova Scotia and Quebec, approximately 60,000 tons of coal are washed in Alberta and British Columbia for the manufacture of coke in Manitoba, and about 85,000 tons are washed in British Columbia for the preparation of coke in Vancouver. A wet washer has recently been installed in the Springhill area of Nova Scotia for the preparation of sized coal, and several new plants have been erected or are contemplated in Alberta with a view to the production of clean sized coal to meet all demands.

Chronicles of Ginger Farm

Written Regularly for The Acton Free Press GWYNOLINE P. CLARKE

A MATHEMATICS TRICK

One of the best little impromptu tricks possible can be performed with a match-box in the following manner:

The performer shows an empty match-box, thrusting the inner part out both sides to show that it is quite empty. He then closes it, makes a few flourishes and then opens it, and it is crammed full with matches. Again he closes it, waves it up and down, and then opens it to discover that it is again empty; another flourish and it is full again, and so on for just as long as he pleases.

The secret is a very simple one. Empty a box of matches and on the back of the inner section join a row of matches, or merely thrust them in. Now if you keep this side away from the spectators, you can show the empty box. Close it, and when you flourish it, turn it round in your hand, open it, this time showing the "back" side to your friends and the jaw appears to be quite full of matches, reverse the process and again show it empty, and so on ad infinitum. You will find this a most mysterious little trick that never fails to cause much bewilderment to the audience and it can be easily repeated again and again.

SOME DISADVANTAGES OF SUNSHINE

A sunburn may be prevented by the previous application to the skin of a solution of Epsom salts or by similar use of a tannin or tannin solution. Two teaspoonsfuls to a glassful of warm water. Even cotton wool may be used in an emergency.

Excessive or hard work in the hot sun may cause prostration. In severe cases the victim may have cramps in his legs. The profuse sweating involves not only a loss of water from the system, but it occasions a loss of salt that seems to upset the chemistry of the body. Under such circumstances very dilute salt water is quite palatable and, really enough, quenches thirst better than plain water.

Heat stroke, popularly called sun stroke, is due to exposure to heat under conditions of high humidity which prevent the normal heat loss from the body. The body's normal heat regulating mechanism has failed. This condition may begin with headache, dizziness, faint or nausea, often there is a mild loss of consciousness with a rapid rise of body temperature as high as 107 or 110 degrees F. Heat stroke should be avoided if at all possible because the victim of heat stroke is thereby rendered sensitive to future heat exposure even as low as 80 degrees F.

High external temperatures, complicated by stagnant or moist air, which tends to retard the cooling of the body, are a cause of heat stroke. Under such conditions bodily exertion must be limited. The sweating of light, well ventilated head-gear gives a degree of protection.

If actual heat stroke has occurred or appears about to occur, the person should at once be removed to the coolest available spot. The body should be wrapped in a sheet wet in cold water and cooling by evaporation should be aided by fanning so as to gain a moving current of air. The temperature should be taken frequently and artificial aids to heat loss discontinued when the temperature has fallen to 102 degrees F. Plenty of fluids should be given by mouth. Many of these cases are most serious and in all cases should be under the supervision of a doctor.

Sunburn, heat prostration and heat stroke are some of the disadvantages of sunshine. These may be avoided. After all, they do not counter-balance the good that, in a variety of directions, come from the rays of the sun. By John W. S. McCullough, M.D., D.P.H.

It would seem only natural to anyone who thinks about the European situation that I should be able to say anything about it. But what I have to say may surprise you. It just is that I don't seem to be able to work up any feeling about it whatsoever. Not but what I realize how serious it is, and what a dreadful thing it will be if there is another war, but it is all so problematic that there doesn't appear to be anything to say or to think. I rather put me in mind of a Zepherus said I was in during the last war. I stood outside and watched the bombs drop and although I knew the next one was just as likely as not to drop on top of me, yet I didn't run or scream or anything like that, because I felt if the bombs were going to drop and kill me, there was nothing I could do to stop them, except run for cover. And even then one was just as likely to run into danger as out of it. And that is just my point with the present situation: there is nothing one can do about it, so why get excited?

And now the Canadian Exhibition is over for another year and I didn't get down to it at all. Oh well, there are still the local fairs to go to, at which one meets all kinds of friends and that's half the fun of the fair isn't it?

Last week our friend, Mr. Johnson from Thornhill called to see Ginger Farm. I don't know how much he saw, but he didn't stay hardly long enough for us to see what he looked like. Come again, Mr. Johnson, and stay longer. I didn't even have a chance to show him the back porch. Now, wasn't that too bad?

Son is back in school harness again and has one grand cold in his head with which to start the term. Colds and school attendance always seem to go together in this family. This year they have four new teachers at the school, and I imagine teachers and students are pretty busy taking each other's measure. Second Form is so over-crowded this year half the youngsters had to sit around the room on chairs. Now they have an extra teacher and the form is divided. The first day at school Son almost made himself sick with laughing so you know he had one of those fits that are so hard to stop. One of the boys took a fancy to lean away back in his chair. All at once there was a cracking and a splintering as the chair went to pieces, leaving the boy sitting on the floor. It was altogether too much for our son's sense of humor.

Well, that's about all for this week and now I'll lie me to the kitchen and wash the dishes. If only dishes would wash themselves!

FULLY EXPLAINED

"Johnny Smith, what do you mean by coming to school with your hair in that disgraceful condition?" said the teacher. "No comb, sir." "Well, why couldn't you use your father's comb?" "No hair, sir."

SCOTT'S SCRAP BOOK

By R. J. SCOTT



A 26-INCH (FRAC) ENGINE, BUILT IN ENGLAND, CAN FULLY CARRIAGE FOUR PEOPLE ON LEVEL GROUND. LEAD IS 99.999% PURE.

SAM, A CHIMPANZEE

WAS TRAINED TO BE CASHER OF A CHINESE STORE IN BANGKOK, SIAM. AMONG HIS DUTIES WAS THE TESTING OF COINS. A GOOD HARD HIT NEVER FAILED TO DETECT SPURIOUS MONEY MADE OF SOFT METAL.

2,000 Canadian Soldiers in War Manoeuvres



With an intensive training period behind them over 2,000 troops from units in the Canadian army spent the war manoeuvres near Camp Borden, using aircraft, artillery, tanks and mechanical transport. Their objective was the "capture" of Nelsonburg, Ontario, which for the duration of the games has been named "enemy territory." That lesson was not quite extinct in the Dominion's armed forces is proved by the unit of Royal Canadian Dragoons shown starting out for their position 1921 A.W.



At top officers leading the manoeuvres. Col. H. B. Glenn, Lt. Col. Alan Thomas and Lt. Col. P. H. Mariani are pictured as they discussed tactics to be employed.

Where Quebec Floods Took Four Lives When House Collapsed



Rescuers search through wreckage of the apartment house at Ste. Genevieve de Montmorency, a few miles east of Quebec City, after a landslide, caused by terrific floods, had demolished the building. Four persons of the 52 residents died in the collapse. Boulders, earth and trees, loosened by torrential rains, crashed down the 200-foot cliffs behind the structure, sweeping it from its foundations. Floods in other sections of eastern Quebec claimed eight other lives.