

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

CONSERVE FOR VICTORY

Help Britain, eat 50 per cent less pork, bacon and ham.
Eucalyptus, indeed, is the housewife who is ready for every occasion with a variety of home-made jams, conserves and relishes on her pantry shelf.

This year it is particularly important that every scrap of fruit and vegetable be stored for later use.
The question of containers is often a factor to be considered but for pickles and jams air-tight jars are not necessary. Any glass or pottery receptacles can be used. Sealing is done with paraffin wax or the new cellophane seals.

In jams, conserves and jellies sugar, vinegar salt and spices act as preservatives. Long boiling also aids in keeping as it concentrates the product.

There is no end to the variety of "preserves." New mixtures give new colors and new taste, new thrills. The experienced cook should experiment for herself, but the following recipes developed by the Consumer Section, Marketing Service, Dominion Department of Agriculture, are unusual and interesting in flavor and texture:

Cherry-Apple Conserve

- 3 cups sweet black pitted cherries
- 3 cups sour red pitted cherries
- 3 cups chopped apple
- 6 cups sugar
- 1 cup water

Mix cherries, apple and water. Cook 15 minutes. Add sugar. Stir well. Cook 20 minutes. Pour into hot sterilized jars. Seal at once.

Pickled Carrots

Use carrots not larger than 2 inches. Scrape and wash the desired number. Cook 8 minutes in boiling salted water. Drain. Pack in hot sterilized jars. For each pint jar allow pickle mixture as follows:

- 1 cup vinegar
- 1 cup water
- 1 cup granulated sugar
- 1 tablespoon salt

Boil 3 minutes. Pour over carrots and seal.

Tomato-Cucumber Sauce

- 6 cups peeled, chopped ripe tomatoes
- 6 cups cucumber (peeled, seeded, large)
- 2 cups chopped onion
- 2 cups cider vinegar
- 2 cups granulated sugar
- 2 teaspoons salt
- 2 teaspoons mustard
- 1/2 teaspoon turmeric
- 1 teaspoon flour
- 1 Die in a bag
- 1 teaspoon celery seed
- 1 teaspoon mustard seed
- 8 cloves

Mix vegetables with vinegar and salt. Cook 15 minutes. Add spices. Simmer in a bag. Cook 30 minutes. Mix sugar and well blended. Add a little hot mixture. Stir to a smooth consistency. Add to boiling pickle. Stir well. Cook 5 minutes. Fill sterilized jars to overflowing. Seal at once.

June Melange

- 2 cups pitted cherries
- 2 cups raspberries
- 2 cups gooseberries
- 6 cups sugar
- 1 cup water

Wash and scrub gooseberries. Add water. Cook 5 minutes. Add cherries. Cook 5 minutes. Add raspberries. Cook 5 minutes. Add sugar. Cook 5 minutes. Add vinegar. Cook 5 minutes. Add salt. Cook 5 minutes. Pour into hot sterilized jars. Seal at once.

Spiced Currants

- 1/2 lb. red currants
- 1/2 lb. sugar
- 1 teaspoon whole cloves
- 1 pint vinegar
- 1/2 oz. stick cinnamon
- 1/2 teaspoon salt

Make a syrup of sugar and vinegar. Add salt and spices. Boil 5 minutes. Strain. Add fruit. Cook 25 minutes, straining often. Pour into hot sterilized jars. Seal at once.

Spent 36 Hours In Rubber Boat

LONDON (C.P.)—Adrift for 36 hours in a rubber boat in mid-Atlantic, Lieutenant Frank Furlong of the Fleet Air Arm had only one complaint. He got rheumatism and felt "pretty stiff."

Furlong, one of the best amateur riders in the country, he won the Grand National on his father's horse, Reynoldsdown in 1935 took part in the search for the Bismark. He was reported missing the day the German battle cruiser was sunk but was later picked up by a British ship.



WAR 25 Years Ago

Resignation of Foreign Minister Sazonov in July 1916 Was Indication of Growing Unrest in Russia

Written for the Canadian Press by MICHAEL O'MARA

Nicholas Masque has been heard as a tenor soloist on many of Montreal's brightest radio programs over the CBC National Network.

Hayfield To Lose Perfumed Appeal

Scent of Sweet Vernal Grass Is Missing in New Superior Hay

LONDON (C.P.)—The smell of new-mown hay, some of the sweetest the countryside provides, soon will be only a nostalgic memory to Britons.

Science has evolved a new hay, superior in quality, but lacking that fresh, clean perfume country-lovers always associated with summer time.

J. G. Stuart, adviser to the ministry of agriculture, explained it like this: "The perfume of the hayfields came from cumarin, a substance found in sweet vernal grass."

This type of grass has a lovely smell, but it yields a poorer crop with less nutriment in it than the grasses which are now being grown.

"Sweet vernal is found only in old meadowland. Much of the hay now being harvested comes from newly-cultivated land, where only the better type of crop is sown."

There is no word whether the scentless crop will bring relief to hayfever sufferers.

Woman Sheriff Has Left Post After 14 Years

Alberta's Only Woman Clerk of Court, Mrs. F. E. Carlisle Is Honored Upon Retirement

PEACE RIVER, Alta. (C.P.)—The "hear ye hear ye" formality of the opening Alberta supreme court sessions will ring out in a masculine voice again after a lapse of 14 years.

Mrs. F. E. Carlisle, the only woman sheriff in Alberta and possibly in Canada and also clerk of the court, has retired.

After 22 years in court work, Mrs. Carlisle retired at the end of June from her positions as assistant sheriff and court clerk in the Peace River district 250 miles northwest of Edmonton.

A look of stenographers in Peace River took Mrs. Carlisle into the office of George E. McLeod, assistant sheriff in 1919. She was his assistant for eight years and on his retirement in 1927, she was appointed his successor.

Through the years in her official capacities she has kept record of court proceedings ranging from debt suits to mat for trials but such matters as issuance of marriage licenses and registration of vital statistics have also been among the details of her office.

She opened all court sessions and handled the swearing in of witnesses. Born in Collingwood, Ont., she moved to Calgary many years ago and after several years there she came to Peace River in 1919.

When the June session of the Alberta supreme court opened here, there was a ceremony marking her retirement. Tributes came from Mr. Justice F. M. Tiesche, Judge J. D. Matheson, Magistrate William Stewart and Inspector G. W. East, of the Royal Canadian Mounted Police.

ARMEN GO FISHING
NEWCASTLE, England (C.P.)—Royal Air Force messes in the north-east have plenty of fresh fish provided by armmen at a station operating five fishing smacks in the North Sea during their spare time. Profits are turned over to the R.A.F. Benevolent Fund.

SUFFOCATED WITH HENS
NEWCASTLE, Man. (C.P.)—Farmer George Rose left the door of his 18-by-12-foot hen house open for the night. Four eggs stumpled in, kicked the door shut, suffocated them, and were suffocated, along with most of the poultry, when he found them next morning.

Chronicles of a Ginger Farm

Written Specially for The Acton Jeree Press by GWENDOLINE P. CLARKE

"...for Victory! Three dots and a dash." The idea has swept the country like a storm or rather I should say the world. It has given people—just what they need—a tangible form of expression.

Visible in the resignation of Sergius Sazonov as Foreign Minister of pro-revolution Russia was a portent of disaster which was to engulf the entire Czarist regime. Sazonov resigned July 22, 1916.

Mounting discontent in Russia, nurtured by radicals in the trenches and factories where the evidence of Romanov misgovernment was becoming increasingly evident, led Prime Minister Boris Sturmer to juggle his cabinet members from ministry to ministry in an eleven-hour attempt to conciliate the soldiers and workers.

With radical movements taking place on the surface, under-currents of Russian thought were being influenced by such extremists as Lenin, who arrived through Germany, under the protection of the Kaiser, and Leon Trotsky, who returned from America.

Disaffection in the trenches daily grew more marked, the Russian and vance on the Eastern Front and in the Caucasus gradually deteriorated; the injection of shock troops failed to rally the army's morale, even against the badly-smashed Austrian forces.

Revolt flared in the streets of Petrograd in mid-July, 1917, and although this rising was put down, and another in early autumn, the Bolsheviks staged the decisive November coup d'etat which seized all authority and established the Soviet regime.

Was Noted Diplomat
To lighten the blow of his political eclipse, Sazonov had been sent as an ambassador to London, early in 1916, but returned on the fall of Foreign Minister Pavel Milyukov. He escorted the Bolshevik coup and went to France, where he acted as foreign minister of "historical Russia" during the peace negotiations of 1919. He died in 1927.

But it was before and during the early part of the First Great War that Sazonov was one of Europe's most important diplomats. Born in 1856 of a wealthy family, he entered the diplomatic service and served first in the legation at Rome. After periods at the Vatican and in London, where he did much to better Russo-British understanding, he became foreign minister under Prime Minister Peter Stolypin.

Following the Sarajevo murder, he negotiated with representatives of the Central Powers in an attempt to avert a war which threatened to involve all Europe. When these discussions broke down he was in the car by telephone that was in an inevitable and returned to his duties in the Foreign Office. During the war he was a constant advocate of Russian seizure of Constantinople. Also he opposed Grand Duke Nicholas on the question of home rule for the Polish nation. His liberal belief that the Polish, as loyal soldiers of Russia, should be given a certain degree of freedom met with the disapproval of the reactionary Sturmer, and was a contributory cause of Sazonov's downfall.

All told Britain shipped nearly £20,000,000 worth more pottery, over seas last year than the year before, and was at the same time making much more industrial pottery for home use, especially chemical stoneware, to take the place of metals needed for the war.

"Chemical stoneware" is now being used for pipe lines, valves, tanks, and laboratory vessels. It compares in strength with grey cast iron, it can be worked with a chisel, and it can even be ground to the most precise measurements. Stoneware, moreover, resists corrosion except by hydrofluoric acid.

Once Germany alone was making laboratory porcelain. Today, Britain is supplying herself with laboratory porcelain and also with porcelain filters for water and acid filtration, and for laboratory research.

A SOUTH-EAST TOWN, England (C.P.)—Born on the same day 68 years ago and married on their 42nd birthday, Mr. and Mrs. James Holt were killed when their house was struck by a bomb.

Junior Program Of Great Value To Agriculture

Prairie Youngsters Study Problems Under Qualified Instructors, Farming Practices Improved

WINNIPEG, (C.P.)—Boys and girls' junior club work, an integral part of the West's major industry, has resulted in definite improvement of agricultural practices in the last 12 years, agricultural authorities report.

More than 15,000 members of some 300 junior grain and livestock clubs in the prairie provinces held duty in the hope of winning national championships next November in the Canadian Council on Boys' and Girls' Club work competitions in Ontario.

Under the guidance of provincial departments of Agriculture, each member, in addition to actual farming, also learns the value of cooperative effort, how to deal with farm problems, and how to conduct public meetings, speak in public and to work on community projects for the "common good."

The youth movement, started in a small way 11 years ago, by the late Dr. James W. Robertson in Ontario, has played a major part in the international fame won by Frances Lloyd Rigby, Wembley, Alta., Paul Francis Paszkowski, Valin, Alta., Bill Skladan-

Andrew, Alta., all exhibitors of world championship grain at Chicago, and others who have been prominent in Canadian exhibitions.

Rigby, crowned world wheat king for the third successive year last December at the Chicago International Livestock Exposition and Grain Show, was a member of the Grande Prairie Junior Grain Club. Four years ago, Rigby, with Albert Alsop, also of Wembley, won the Canadian grain judging championship at Toronto's Royal Winter Fair. Paszkowski was 1940 oats king and the year before the crown was held by Skladan-

Last year Manitoba had 121 grain clubs with 1,368 members, Saskatchewan 236 with 1,810 members, and Alberta 85 with 1,000 members.

In Alberta, junior work is directed by the Department of Agriculture, which provides instruction and technical assistance through district agriculturalists and other field services. Supervision in Saskatchewan comes from the University of Saskatchewan extension department, and in Manitoba it is under W. S. Frazer of the extension services department of Agriculture.

Saskatchewan, winner of the baby beef judging at the national competition in Guelph last fall, had 118 swine and baby beef clubs. Last year Manitoba's livestock clubs increased to 116 and had a recent sale of calves, 581 and 727 animals raised by youths were of choice grade—Swine, dairy

1940 numbered 67.

J. H. Sweetser, Alberta Deputy Minister and baby beef clubs in Alberta in the field of Agriculture, said that "undoubtedly the junior club program has improved agricultural practices." In many districts the seed grain now being used came from the first good shipped to the junior clubs, he added.

The junior program "is the best approach to the problem of agricultural improvement that has yet been made," says John C. Rayner, director of the work in Saskatchewan. Mr. Frazer praised the club co-operative work, such as experimenting with fertilizers and growing of new type grains.

HORSES IN DANGER

SASKATOON, (C.P.)—J. S. Fulton, of the Veterinary Service Department, University of Saskatchewan, warns there is danger of a serious equine encephalomyelitis outbreak unless further vaccination of horses is done. Several cases have been reported.



IMPORTANT NOTICE to Men Liable for Military Training

FOR Public Safety, by Proclamation, dated June 27th, 1941 (under authority of The National Resources Mobilization Act 1940 and The War Measures Act), The Governor in Council has now made liable for military training for the defence of Canada—
—All male British subjects resident in Canada at any time since September 1st, 1939, who, on July 15th, 1940, were unmarried, or childless widowers, and who on July 1st, 1940, had reached the ages of

- Twenty-one years
- Twenty-two years
- Twenty-three years
- Twenty-four years

"and also men who attained or will attain the age of twenty-one years on or after the first day of July, 1940, and who were on the fifteenth day of July (1940), unmarried or widowers without child or children."

Men designated in the foregoing are further required
"to submit themselves for medical examination and to undergo military training for a period of four months within Canada or the territorial waters thereof, and to report at such places and times and in such manner and to such authorities or persons as may be notified to them respectively by a Divisional Registrar of an Administrative Division."

SPECIAL PROVISIONS designed to facilitate equitable conditions of mobilization

Deferring of Training Periods to Avoid Individual Hardship
If the Board is satisfied that the calling out of any man for military training will cause extreme hardship to those dependent upon such man, the Board may, from time to time, postpone the training period of the man: Provided that such man shall apply for a postponement order in accordance with the provisions of subsection one of section ten of the regulations.

Postponement Applications Must be Made in Writing
No application for a postponement order may be made otherwise than in writing, by the man called out, to the Divisional Registrar who issued the "Notice—Medical Examination" and within eight clear days of the date appearing on such notice.
Any person who appears before a Board shall do so at his own expense.

War Industry and Seasonal Occupations given Consideration
In the national interest, applications for postponement of training of key men engaged in war industries, or in essential occupations, may be addressed to the Divisional Registrar concerned.

Eligible Men Must Not Leave Canada without Authority
No male British subject who is liable to be called out for military training shall, after his age class has been called out by proclamation, leave Canada, for any reason whatsoever, unless and until he has been so authorized in writing by the Chairman of the Board to whose jurisdiction such man is subject.

Eligible men must notify authorities immediately of change of address or marital status
If you are a single man or childless widower between the ages of 19 and 45 and if you change your address, or if you marry, you must immediately notify
THE NATIONAL WAR SERVICES DIVISIONAL REGISTRAR IN THE DIVISION IN WHICH YOU ARE REGISTERED
If you do not know the name and address of your Divisional Registrar, ask at your local post office.
Failure to comply with this requirement may subject you to a fine or imprisonment.

CIVIL RE-EMPLOYMENT
Provision has been made for the reinstatement of men in their positions of employment, after their periods of training or service, under conditions that will facilitate their return to civilian life.

Published for the information of those concerned by the authority and courtesy of
THE HONOURABLE JOSEPH T. THORSON,
Minister of National War Services.