

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

### FRUIT CANDIES

Many candy recipes can be improved and varied by the addition of a percentage of fresh, canned or dried fruits. Fruit may be added to almost any standard, candy recipe but the following are a few specialties gathered from various sources.

#### Fruit-Jelly Candies

**With Fruit Juices**  
Juices with pronounced flavors are best but any of the many fruit juices may be used. The juices may be canned or made from the fresh fruit by a procedure to that used in jelly making. To juices lacking in acidity (raspberry, strawberry, pear and apple, if from very ripe fruit), or of citric acid should be added to each gallon of juice.

1 cup Fruit Juice, acidified if necessary

1 cup sugar

1 cup Corn syrup

1/2 cup Pectin syrup

Mix fruit juice and pectin syrup. Add sugar and corn syrup. Boil to 222 degrees-223 degrees F. or until a strong jelly test is obtained. Remove from fire, add chopped nuts if desired, and pour into cornstarch moulds or oiled pans. Allow to harden 24 hours, cut sheets into pieces, dust with powdered sugar or dip in chocolate.

**With Pulp of Fresh or Canned Fruits**  
With fresh fruits cook until soft and rub through a screen. Rub canned fruits through a screen without heating. With pulps lacking in acid add one-quarter cup of lemon juice or one level teaspoonful of citric acid to each two cups of pulp. After the pulp is prepared follow the recipe for fruit juice, substituting the pulp for the juice.

**With Dried Fruits**  
Refresh the fruits by soaking for at least twelve hours then cook until soft and rub through a screen. The pulp is then used in a similar manner to the pulp from fresh fruits.

#### Divinity Fudge With Fruits

This candy is best with dried fruits. The dried fruits should be chopped or coarsely ground.

1 cup sugar

2 tablespoons Corn syrup

1 cup water

1 cup Egg whites (beaten stiff)

1 cup chopped nut (optional)

Cook sugar, corn syrup and water to 252 degrees-253 degrees F. "light crack". Add syrup gradually to the stiffly beaten white of egg, beating the mixture until stiff. Add dried fruit and nuts, mix well, and pour into greased or oiled pan to harden. This candy becomes hard so it should be consumed within a week after it is made.

#### Fudge with Fruits

Chopped or ground dried fruits may be added to any fudge recipe to produce a variation in texture and flavor.

3 tablespoons powdered or granulated gelatin

1 1/2 cup hot water

1 cup dried fruit (chopped)

Dissolve gelatin in the hot water. Cook the corn syrup to 250 degrees F. (hard ball). Beat into it the dissolved gelatin and powdered sugar until light. Flavor with vanilla. Then add fruit and pour on oiled paper or slab to harden.

Fruit syrup or finely ground preserves may be used instead of dried fruit, at the rate of 2 1/2 cup in the recipe above.

## Tourist Travel Uninterrupted

Officials of the Department of Mines and Resources receive many reports of misleading information on the gasoline situation from tourists wanting to come to Canada. Results in Hunt National Park a tourist from New Mexico said that four tourist parties were awaiting his return home in order to find out if they could obtain gasoline to travel in Canada. Other tourists also report more fantastic tales of gasoline restrictions supposed to be in effect. Although Canada is at war, tourist travel across the international border duty to Canada from the United States continues to flow freely. No restrictions of any kind have been imposed on American citizens, and both Canadian immigration and customs regulations are framed to make the entry of such tourists as pleasant as possible. Automobiles may be brought into Canada under tourist's permit without payment of duty or deposit, and visitors may bring with them such tourists' outfits or sportsmen's equipment as they may require for their own use upon reporting same to customs officer at port of entry.

## German Officers Held for Murder

LONDON, (CP) — The murder by German officers of the 22-year-old daughter of a mayor in Haute Savoie province in Occupied France is reported in a letter received by Free French Headquarters in London.

The letter was written by a 52-year-old carpenter who mailed it in Switzerland after smuggling it across the French frontier. He said he verified the facts of the case with the magistrates and the physician who handled it.

The murderers, he wrote, were arrested either at Vesoul or Refort and an order was issued forbidding the public to discuss the case.

The girl taught school in a village not far from her home and she lived in a room on the second floor. German officers occupied another part of the building and the morning the girl's body was found they had left early for an unknown destination.

Neighbors warned by the school teacher found the battered body. The letter-writer, describing the murder, said the girl was bound hand and foot and gagged. Her skull was fractured and the body covered with bayonet wounds. She held a handful of hair, apparently that of a man.

The funeral service, a week later, was attended by more than 2,000 persons, including the prefect of the province.

## Marine Killed Doing is Duty

### Son of Woodstock, N. B. Woman Died a Hero in Plymouth Blitz

WOODSTOCK, N.B. (CP) — Gilbert Cook has paid a touching tribute to the memory of his brother William, killed during a German blitz on Plymouth, in a letter forwarded from England, to his mother, Mrs. Fred Hayes, here. Widowed during the latter part of the First Great War, Mrs. Hayes was formerly Mrs. Cook of Trenton, N.S.

He died doing his duty as a man and a soldier," Gilbert wrote his mother after Bill was killed by a bomb explosion while helping women and children into an air raid shelter.

"I suppose, Mum, you want to know the details," the letter continued. "He had a full military funeral from his own company of Marines. I know you would have felt very proud of your son, Mum, even in your sorrow. You can rest assured that everything was carried out in a manner befitting one who has made the supreme sacrifice."

"As to the manner of his going, he died doing his duty as a man and a soldier. He will be avenged, and remember, he was a worthy son of Dad's."

## C. N. E. Leads Again in Making Gasoline Saving.

The Canadian National Exhibition this week cancelled all motor boat racing at this year's show, as a move to join in the gasoline conservation effort being conducted by Canadians at the present time. Elwood Hughes, general manager of the C. N. E. in his statement said:

"Due to the national emergency with regard to the conservation of gasoline the Canadian National Exhibition today decided to abandon entirely its program of motor boat races. Racing motorboats require an inordinate amount of high-quality gasoline. Most of the outstanding racing enthusiasts of the United States and Canada had entered their craft in the Exhibition's program. The entries represented more and better boats than have ever been seen at this established festival."

"The management actuated by the desire to assist in alleviating the present gas situation has today notified all entrants of the cancellation of some of the racing men already have approved the action of their C. N. E. authorities. Its entire program is aimed as far as possible to the war effort and of further curtailment be in the interest of the cause the management will not hesitate to resort to additional retrenchment."

### PUNT CAPSIZED

SHARNBROOK, (CP) — Five persons, two men, a woman and two children, were drowned when a punt capsized on the River Ouse near this Bedfordshire village.

### PROMINENT JUDGE DIES

EDINGBURGH, (CP) — Lord Cullen, 81, former judge of the supreme court of Scotland, died at his home here. He was chairman of a committee which brought about a new Scottish bankruptcy act in 1913.

## Chronicles of Ginger Farm

Written Specially for The Acton Free Press by GWENEDOL P. CLARKE

"Where did someone say it was sunspots that caused heat waves? If so there must be some jolly big ones floating around these days! The thermometer in our dining-room registers 84 degrees—right now—and the shutters are closed against the sun. This is about the worst hot spell I remember for some time and I am sure everyone, like myself, is hoping it will soon come to an end. But doesn't the heat do some queer things? For instance, there are two candles on our mantelpiece. I have been watching them with amusement as they bend over a little further each day until, a short while ago, they gave up the struggle to stand erect and doubled up, so completely that the tip of each candle touched the mantelpiece. And you know I feel rather like those candles myself! And then there were the chocolate bars. There were three or four in the house."

"I went to get one and found the only way to get it was with a spoon. Of course we have been spooning the butter for several days not having a refrigerator, or even an ice-box, we are used to that. But taking a spoon to a chocolate bar well, that is new!"

"And have you noticed the trees? There is hardly any shade to them just now. The leaves seem thin and separated and the hot sun streams through them as it might through a sieve."

"Our well is getting perilously low and Partner is becoming alarmed. It takes up so much time when he has to draw water, as well as being a lot of extra work. And of course the cows, horses and chickens are drinking twice as much as they usually do. The drought is also having its effect upon the wild life in the woods, driving bird and beast away from their native haunts in search of food and water. At any rate that is what I imagine is happening and for this reason. Saturday night, in the hope of finding a cool spot, I went to sleep on a straw couch by an open door at the back of the house. I had been to sleep and about midnight two sounds awakened me simultaneously. I heard our son come in at the front of the house, and I heard a most blood curdling noise at the back of the house. Jumping out of bed I called to Son. "Did you hear that noise?"

"Yes," he answered. "Let's have the flash-light. I'll see what it is." Taking gun and shells, and with Rusty running along, Son went a-hunting. Presently Rusty began to bark and I knew by the rate the flashlight was travelling that boy and dog were in hot pursuit of something that was trying to escape across the back field. Presently a shot rang out and then another, and another. By this time Partner was out and was going off too. But I managed to persuade him to stay home. After all he didn't know just where the boy was and the boy would not know his Dad was ground, and under such circumstances anything might happen with a gun. In such cases it is surely better to play safe. In a few minutes there was another shot, and then we saw the light which naturally had not been in evidence while the hunt was on coming towards home.

"What was it?" I called, as soon as Son was within hearing distance. "A wild cat," he answered. "Did you get it?"

"You bet I did! I shot it and Rusty finished it." My first thought was the chickens, while Partner asked, "Are you sure it was a wild cat?"

"I'm not absolutely certain, but the light wasn't good enough. But it was something of that nature."

"Let's take the lantern and look at it properly," said Partner. Presently they were back again, and it was a lantern not a wild cat or fox. I was sorry when I heard it was a raccoon because I thought possibly the poor thing meant no harm but possibly had left the bush in search of water. Do you know, I don't know. But I do know the awful howling I heard would be any animal's death wail."

"Our harvest progressed slowly. The wheat, of course, is in the barn, but the barley is left out and left standing. It had ripened so unevenly. The oats look as if they will be the same and most of the spring grain is rusty, which is very disappointing. One farmer near here bought a specified kind of seed oats in the spring which were supposed to be 'trustless'. But apparently his oats are as rusty as the common variety."

"We have had a shower. We had started, pants and waist-ties out in full force and I think we saved enough water to water the cows for one day. That means a lot."

## TIME FOR CANNING FRUITS, VEGETABLES.

The home-maker these days has the double responsibility of keeping the family fit and of conserving Canada's surplus of perishable foods. To insure better health, provision should be made for next winter's meals by preserving fruit and vegetables while they are plentiful and inexpensive.

Canning is a method of preserving food by means of heat and packing in air-tight containers of glass or tin. This method of processing preserves the food while retaining as nearly as possible its natural color and flavor.

By means of canning, perishable foods are distributed over the seasons and in places where they are not available when fresh.

If possible vegetables should be served with every dinner and luncheon. Canned vegetables are good when merely heated, but can be made into a great variety of dishes with meat or starchy foods.

Fruits with their rich color and delicious flavors offer opportunity in display canning skill. Canned fruits make an appetizing dessert used just as they come from the jar. The drained fruit makes attractive salads. The juices are good appetizers or when combined make delicious fruit drinks. Canned fruits can also be used in pies, puddings, and as sauces for ice cream.

Successful canning depends largely on understanding the causes of spoilage and the methods of prevention.

The canning process is simple, practical, and requires no special equipment. Only fresh products should be canned. For best results fruits and vegetables should be canned the day they are gathered.

A variety of containers is available. This requires a special sealing machine, but there is no danger of breakage, and the tin may be used several times, thus reducing cost.

Glass jars are commonly used for home canning. These are obtainable in 1/2-pint, quart and 2-quart sizes. Any size can be used for vegetables if sterilized under steam pressure, but only 1/2-pint or 1-pint sizes are safe when sterilized in the water bath.

Some types of jar have a glass top with a metal screw ring. Others have screw caps with porcelain lining. Some have glass tops with metal spring clamp and use a vacuum seal jar with straight sides and gasket top is available. Whichever type is selected, it must be air-tight. There must be no chips in the top of the jar or lid.

The seal is formed by rubber rings. Rubbers are important. They must be elastic. Old rubbers are not safe.

Sterilization is carried out by steam under pressure, by boiling water, free steam or dry heat of the oven. The method should be chosen for the product. For example: vegetables require high temperature and therefore pressure sterilization is recommended, while for tender fruits such as berries, the water-bath process is best. Over-cooking brings out tender fruits and destroys color.

The time required for processing varies greatly with the product and the process used. Vegetables, being non-acid, require a long sterilization; fruits in heavy syrup will keep well when processed a short time. When fruits are to be used for pies or for special diets they will keep well without sugar. For this purpose five minutes must be added to the time required when syrup is used.

Further information on home-canning is given in Publication 534, "Home Canning of Fruits and Vegetables," and Publication 628, "Home Preservation of Meats and Poultry." Copies of these pamphlets are sent free of charge on application to the Publicity and Extension Division, Department of Agriculture, Ottawa.

## India's Aid In Winning The War

With the opening of a new Tonkin plant, the first stage has been reached in making India self-supporting in the manufacture of high explosives. Delivery has begun of 18-pr. armor piercing anti-tank ammunition, the first of this type of shell to be manufactured in India. The construction in new factories and the extension of existing ones are being rapidly completed.

Another new clothing factory has been opened, and two others are being planned. Planning staffs for new ordnance factories have been announced.

The monthly production of steel has been increased by two thousand tons by the utilization of scrap. Steel manufactured by an acid process from 1900; scrap is now being made by an engineering works to increase supplies of spring steel. Many large orders for engineering stores are being fulfilled, both for India and the Eastern Group. Textiles are being despatched to South Africa, Singapore, Australia, New Zealand and the Far East.

WEDNESFIELD, England (CP) — Six-year-old Charlie Crosby dived into a canal in this Staffordshire town and rescued his sister, Eileen, after one of his older brothers drowned in a rescue attempt and another was dragged from the water exhausted.

### WHIP'S SON LOST

LONDON, (CP) — Sgt. the Hon. Basil Kenworthy of the Royal Army Medical Corps field ambulance, son of Lord Strathclyde, chief opposition whip in the House of Lords, is officially reported missing.

## Sun and Water Hard On Hair

Mildly Must Give Extra Attention To Tresses in Summer, Stylist Says

NEW YORK, (CP) — If you just can't do anything with your hair in the good old summertime, maybe you don't pay enough attention to it. For hair takes an awful beating from summer sun and water, says a noted specialist, and to come through safely and softly. Much of the hair problem disappears if you wear a cap while swimming, in the opinion of New York's leading woman hair stylist, Lura de Gez. Other hair experts agree with her.

If you swim in the ocean, its this way: Without a cap you get salt water in your lovely locks; you hardly ever take time to rinse it out after you jump the waves. The result, Miss de Gez says, is salt which has a tendency to cake and dry on the scalp. Sometimes it even causes an acid reaction.

Even if you swim in fresh water, she says, you must rinse your hair, and well, after cap-less swimming.

If your hair is inclined to be dry anyhow, this hair stylist recommends that you take a brush to the beach and give your crowning glory some strong strokes. Then, and this is important if the ends are particularly dry, have an oil treatment, the kind that includes a rubbing-in of oil and a steaming to get it really into your scalp. Once a month is enough.

After sunning, you should massage your scalp. A little cologne takes away the salt-smell, but a lot of cologne may do too drying.

Go light on bleaches and dyes in summer. They are drying. Switch to light rinses at least temporarily.

# EVERY MOTORIST SHOULD CLIP THIS

## 17 easy ways towards a 50% GASOLINE SAVING

(Approved by Automobile Experts)

- ✓ Check this List—Every Item means a worthwhile Saving
- Reduce driving speed from 60 to 40 on the open road.
- Avoid jack-rabbit starts.
- Avoid useless or non-essential driving.
- Turn motor off when not in use, do not leave idling.
- Don't race your engine; let it warm up slowly.
- Don't strain your engine; change gears.
- Keep carburetor cleaned and properly adjusted.
- Tune up motor, timing, etc.
- Keep spark plugs and valves clean.
- Check cooling system; overheating wastes gasoline.
- Maintain tires at right pressure.
- Lubricate efficiently; worn engines waste gasoline.
- Drive in groups to and from work, using cars alternate days.
- For golf, picnics and other outings, use one car instead of four.
- Take those short shopping trips ON FOOT and carry parcels home.
- Walk to and from the movies.
- Boat owners, too, can help by reducing speed.

Your regular service station man will gladly explain these and other ways of saving gasoline. Consult him.

# GO 50 50 WITH OUR FIGHTING FORCES

REMEMBER: The slower you drive, the more you save!

The Government of the DOMINION OF CANADA

THE HONOURABLE C. D. HOWE, Minister of Munitions and Supply

G. R. COTTRELL, Oil Controller for Canada

## Spare and Share your Gasoline for VICTORY!