

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

GRAPES

For the next several weeks sun-ripened grapes from Canadian vineyards will be on sale in food stores throughout the country.

Homemakers anxious to make the most of each variety of fruit as it comes in season, will be conserving these grapes in one way or another, for winter months.

Grapes, like apples and currants, are rich in pectin, and may be made into delicious jams and jellies, while the juice may be extracted and stored for future use.

The following recipes have been tested by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

Sliced Grape Butter

- 4 pounds grapes
- 1 pint cider vinegar
- 1 teaspoon cloves
- 1 teaspoon salt
- 14 pounds sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice

Wash and stem grapes. Place in saucepan with vinegar, and cook for 15 minutes, rub through sieve, fine enough to retain the seeds and skins. Boil pulp until thick, add other ingredients and boil half an hour longer. Fill into hot sterilized jars or bottles, and seal.

Grape and Pear Jam

- 2 pounds Concord grapes (5 1/2 cups)
- 2 pounds pears, chopped (7 cups)
- 2 cups water
- 8 cups granulated sugar

Remove skins from grapes. Add 1 cup water to skins and 1 cup water to pulp. Cook separately until tender. Strain seeds from pulp. Combine pulp and skins, add pears and sugar. Cook until thick, about 1 hour. Pour into sterilized jars. When cool, seal with hot paraffin. Yield 7 8-ounce jars.

NOTE: Wild blue grapes may be used in the above recipe.

Grape and Apple Jelly

- 2 pounds apples
- 11 quarts grapes
- 1 cup water
- Sugar

Wash apples. Slice thinly without peeling. Wash, stem and mash grapes. Place together in large kettle. Add water. Cover and bring to boil. Cook until very soft and mushy. Press through a coarse sieve. Measure juice and put on to boil for 10 minutes. (Test for pectin.) Add 1/2 cup sugar for each cup of juice. Boil

5 minutes longer or until it jells. Test by dipping a cold metal spoon in mixture and if jelly falls in a clot it is ready to bottle. Bottle and seal in sterilized glasses. When cool, seal with hot paraffin.

Grape Jelly

5 pounds grapes
1 cup water
Sugar

Grapes should be well colored, but firm for best consistency and flavor. Over-ripe fruit will give a syrupy jelly and under-ripe fruit will give a jelly of inferior flavor. Add water to grapes which have been washed and picked-over. Cook slowly until grapes are soft. Allow the juice to drip through a jelly bag. Measure juice and to each cup of juice add 1/2 cup sugar. Cook the sweetened juice rapidly until jelly is obtained. Skim and pour into sterilized glasses.

Grape Juice (Without Sugar)

Crush grapes. Allow 1 pint water to 8 quarts grapes. Place kettle in the oven at 200 degrees F. or over another kettle with boiling water for 15 minutes. Strain through a jelly bag overnight. Let juice stand 3 hours after bag is removed. Pour juice carefully into sterilized jars, being careful not to stir up the sediment. Partially seal. Sterilize 30 minutes in water bath or 35 minutes in the oven at 275 degrees F. Seal.

With Sugar

If sweet juice is desired, allow 1/2 cup sugar to 1 cup juice. Add to juice after dripping. Bring to boiling point to dissolve sugar and proceed as above.

In using the above methods a second grade juice may be obtained by adding 2 quarts water to drained pulp, boiling slowly 20 minutes. Drain and sterilize as for first extraction.

DOG KILLED BABY

CHESTER, England, (CP)—Death from misadventure was the verdict of a coroner's jury in the case of five-week-old baby killed by a jealous wire-haired fox terrier which savagely attacked and killed it in its pram.

SECOND GROUP OF TRAINEES GO ON HOME DEFENCE DUTY

The second group of trainees under the four-month National Resources Mobilization plan has now completed training and personnel have been assigned to Coastal Defence, Instructional and home war establishment posts. Seventeen hundred have been assigned to Coast Defence and 785 to other duties.

The first four-month class called for training the latter part of August numbered 3,716 men, there being 266 Federations on medical grounds from the 1,082 reporting.

Chronicles of. . . Ginger Farm.

Written Specially for The Acton Free Press by GWENDOLINE F. CLARKE.

Oh my—what a week! Please pardon me if I seem to wander a little. You see, all mixed up with putting down plans and canning tomatoes, is the fact that our son has enlisted. The excitement started with a sort of trip of inquiry into Hamilton last Monday. Another trip Tuesday for medical examination. Another trip Wednesday to get the result, followed by a telephone call to say he was in category A, and was being sent out right away. Since then the boy has been shifted around with putting one to another. Today he was home with a late pass but has to report to Stanley Barracks in Toronto tonight.

So that's that—and now we have a son in the army, although he is still somewhat under age for active service enlistment. Partner and I went to Toronto today to visit our in-laws and brought our soldier-boy back home with us. He doesn't exactly look like a soldier but at present he is a decidedly crumpled armband and a very sore arm from several inoculations he has already received.

As Partner and I waited outside the Exhibition grounds we were interested in watching the young fellows who stood on the side of the road thumbing a ride. One young fellow in "civies" waited about ten minutes, thumbing all the time without any luck at all. Then out from the Barracks came a young boy in uniform and took up his stand a few yards away. I don't think he was there two minutes before a car came along and picked him up. There was also room in the car for the second fellow but the driver went straight on. After awhile the other young man walked off, perhaps with the idea that outside army barracks was not the best spot on the road for him to choose if he would get the offer of a ride. And yet, who can say who, or what, that young man may have been. He may already have done his bit he may have been invalided home and discharged from the service as medically unfit. Who can tell appearances are often deceptive?

On the way home we visited Malton Airport. It was the first time Partner and I had seen it. There were a lot of people there but after all there isn't much to see. Of course there were trainer planes taking off and coming in while we were there but for real thrills it wasn't nearly so good as our own backyard.

The other day for instance I heard a terrific noise overhead and by this time I can generally tell when anything out of the ordinary is going on. So I went out and looking skyward I saw two planes in a mock battle. What they didn't do isn't worth telling. They dipped and dived, circled and somersaulted, took a perpendicular climb and then swooped down straight out of the blue. It was a thrill watching two of our own planes. What a much greater thrill it would be watching our own defenders putting the enemy to rout.

There was an announcement in the paper last week which I thought was very significant and then it was contradicted. But for all that I am thinking there may be something in it after all. The announcement had to do with the Provincial Department of Highways may not get the snow ploughs working this year. And that to my way of thinking, would be the most practical way of saving gas that has yet been suggested. Of course it would cause inconvenience, but once we got used to the idea I think we should all get along very well. And would it save gas? Not only in cars but in road machinery. I suppose through highways like the Queen Elizabeth Way would have to be kept clear but less travelled roads would benefit in the spring if more snow were left on them during the winter months. Wouldn't it be fun to be back to the old horse and buggy days and the sound of sleigh bells as the old team took to the road again? The old grey mare can't what she used to be, but I expect she would still be capable of pulling a cutter along the road if she were given the chance. That is supposing the cutter didn't go to pieces on the way. And that is more than likely since nearly every farmer has had his once-indispensable family cutter shoved away in an out-of-the-way corner of the driving shed. That is where ours is driving and one or two hens lay their eggs there in the summer time.

There is a glorious sunset tonight in spite of all the grief and frustration that Hitler has brought to the world. Nature spreads beauty before us like a healing balm. Just as the rainbow is a symbol that floods shall never again destroy the world so, I

The Week at OTTAWA

Specially Written for The Acton Free Press by JOHN DAUPHINEE Canadian Press Staff Writer

OTTAWA, (C.P.)—Whatever else happens, one thing can be predicted definitely for this year of war—government control over the way Canadians live is going to grow tighter.

Already, with the war year only a week old, there have been plenty of indications of what can be expected. The government will move to protect the people as far as possible from rising costs; but at the same time it will have to keep out of civilian channels an ever-growing amount of materials needed for the war effort. That will mean a marked narrowing of the range of goods available for civilian consumption.

The piling of costs in wartime is under the Wartime Prices and Trade Board of the finance department where most economic controls now are centralized. In the first few days of the new war year started Sept. 10, the board took its first major step since becoming the supreme price-fixing body in the Dominion. It announced that all dealers in clothing and foods will be licensed before 1942 begins, to give the board a direct check on wholesale and retail merchants.

Latest cost-of-living index issued by the Dominion Bureau of Statistics for Aug. 1 was 137, an increase of 12.8 per cent since the outbreak of hostilities, and more than one per cent higher than at the start of the previous month.

Food Reduction On the other side of the picture, Canadians are going to have to do without many of the things to which they were accustomed. Last week A. H. Williamson, Controller of Supplies, ordered a progressive reduction in the amount of rubber available for civilian use. By Feb. 1, 1942, it will amount to 30 per cent.

Use of copper for civilian purposes also will be under strict control, and metals are going to be met first. There are strong indications that—in the case of automobiles—production of things like washing machines, electric refrigerators and so on is going to be reduced. Restrictions of instalment buying is considered probable.

In addition to the saving of materials, Munitions Minister Howe said in a reconstruction week radio address, the labor supply needed by war industry must be protected. It has officially been suggested that non-essential production for civilian use will have to be curtailed to make more workers available for equipment of munitions and equipment for the armed forces. Even the amount of certain foodstuffs available to Canadians may be cut down to help meet the war demands of the United Kingdom.

Promises for Farmers This fact of the war effort, however, holds a promise of better returns for Canadian farmers. Agriculture Minister Gardiner, another minister who spoke to the nation during reconstruction week, held out this prospect.

"The only staple product which is still giving us worry is wheat," he said. But at the same time he expressed belief as demanded for that product of Canadian farmers will come in time and with the demand, better prices.

A problem facing the Agriculture Department is the feed grain situation. A conference held here last week suggested a reduction in freight rates so grain could be shipped east. Mr. Gardiner promised an early statement on what the government intends to do.

The greater requirements of manpower by the three armed services are a major factor in the labor situation. The Dominion Bureau of Statistics said a labor shortage is in sight, perhaps by next month. It predicted more women would have to be employed in industry.

More than one government spokesman last week stressed the need for more sailors, soldiers and airmen. Munitions Minister Howe, for instance, said the need of industry must not take preference over the needs of the armed forces. He urged employers like to think a beautiful sunset is God's message to us that the ugliness of war shall pass and peace and love shall reign supreme.

LOOK OUT FOR YOUR LIVER Back it up right now and feel like a million!

Your liver is the great work body and least important to your health. It pours out bile to digest food, gets rid of wastes, supplies new energy, allows proper nourishment to reach the rest of you. When your liver is weak, you feel leaden, sluggish, tired and out of the blues. For over 25 years thousands have been brought relief from these ailments with Fruit-A-Tives. So can you. Try Fruit-A-Tives—you'll be surprised how good you feel. It's a natural, pure, healthy and safe. 25c, 50c. Canada's Greatest Liver Tonic.

ers "not to place obstacles in the way of enlistments."

Another aspect of the labor situation several industrial disputes gave the government considerable concern.

Peace Alarms

Are Being Prepared by Britain's Clockmakers

British clockmakers are the latest witnesses against Nazi sea claims. With a loss as low as from one-half to two per cent, they are continuing to send their clocks to Canada, Australia, India, South Africa and the South American Republics. They are shipping to-day half as many again as they were before the war. At first that was because the ocean lanes are barred to Germany; but now Britain is not only holding those new markets but increasing them on merit. Such at the moment is the flood of orders from overseas that her clockmakers are booked right into 1942; some of them are indeed doing export business only, so big is the demand.

And they are adapting themselves readily to their new customers. Clocks for hot countries no longer go in wooden mountings but in plastics to resist the attacks of insects. Another line is in stainless steel with the face, engraved by hand. India is taking wall clocks, electric and spring, in large quantities. Canada and Australia are big buyers of these and of travellers' clocks in leather cases.

Since the days of Tompion, who developed the craftsmanship of clock-making to such perfection that today specimens of his workmanship have fetched as much as £4,000, and Harrison, the inventor of the chronometer, Britain has been known for design and workmanship wherever clocks tick. It was cheapness that let Germany in, and here Britain is now working out a campaign to sell cheap alarm clocks to all the world when peace comes.

ADJUTANT GENERAL OF CANADIAN ARMY STRESSES NEED FOR MORE MEN

Stressing the gravity of the need for more and more men for the Canadian Army, Major General B. W. Brown, D.S.O., M.C., Adjutant General, in a national broadcast on his return from the United Kingdom held that when the time of battle comes, and he added, it may be long, our Canadian Corps will weigh heavily in the scales for victory. The visit overseas, he said, impressed on him more deeply than ever the supreme importance of trained manpower. Addressing the men of Canada, first the mothers, wives and sisters and sweethearts of Canada, General Browne said, "Our need is grave. There is only one power on earth that will

beat Hitler's manpower. Never let it be said that our men were of the best but our numbers too few." Referring to the spirit of the people of Britain, he said, "It is a spirit which neither bombs, or discomfort or danger, or the weight of odds against them can dampen or discourage. But there is a limit to human endurance, we must all do our full share to see that the breaking point is never reached."

CUT COARSE FOR THE PIPE
OLD CHUM
CUT FINE FOR CIGARETTES



Thirst asks nothing more

DRINK **Coca-Cola**

CORROLL'S

ANNUAL FALL SALE

Rinso package 10¢, 24¢, 47¢
Use **LIFEBUOY** for all-over freshness. 2 cakes 11¢
Protect precious silk stockings with a daily "dip" in **LUX**. Package 10¢, 23¢
The screen stars' choice for lovely complexions. 2 cakes 11¢
Guaranteed ALL-PURE soap. 2 bars 11¢

CORN Golden Bantam New Pack 16-oz. tin 9¢

CORROLL'S CLEANSER 3 tins 13¢
SHINOLA FLOOR WAX 1-lb. tin 21¢
HANDY AMMONIA Package 5¢
KIRK'S CASTILE SOAP 3 bars 17¢
P & G NAPHTHA SOAP 3 bars 14¢

PICKLES Quenland Sweet Mixed 27-oz. jar 23¢

HAWES' LEMON OIL 1-lb. 15¢, 25¢
CHAMPION DOG FOOD 2 1-lb. 19¢
MASTER'S DOG BISCUIT 2 1-lb. 25¢
CHOC. MADEIRA CAKE Christie's Imperial Ea. 15¢
ORANGE SQUARE CAKE Christie's Imperial Ea. 25¢

VINEGAR XXX Blended or Spirit Gal. 39¢

ALLEN'S APPLE JUICE 2 30-oz. tins 15¢
OUR PEANUT BUTTER Pound 15¢
SPAGHETTI Castelli's 2 2-oz. tins 27¢
CHOCOLATE PUFFS lb. 19¢
SHIRRIFF'S LEMON PIE MIX pkg 14¢

COFFEE Corroll's Romar Pound 39¢

CHOICE NO. 1 WEALTHY APPLES, 6-Quart Basket 29¢
JUICY VALENCIA ORANGES, Dozen 35¢
CRISP CELERY Large Stalks 2 for 13¢
LARGE FIRM CABBAGE 2 for 15¢

Cauliflower, Spinach, Squash—Special Prices

Fruit and Vegetable Prices Until Saturday Night Only

Carroll's Limited



Eight new War Savings stamps have been designed that feature the armed services and war weapons. As the savings of the Canadian people have enabled the Dominion to go full speed ahead in every department of warfare, these new stamps reflect Canada's war effort. Pictures illustrate the work of the Navy on duty in coastal defence and on the high seas; the Airforce; the Mechanized Army; the first Canadian-made tank; Artillery; Coastal defence; anti-aircraft guns; and the Auxiliary Nursing Service. It is anticipated that large numbers of citizens will be buying the new stamps not only for War Savings Certificates, but for stamp collections. They are available at each of Canada's 13,000 odd post offices and approximately 12,000 other outlets for War Savings Stamps.