

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hygiene Means Economy
JAM JARS ON THE ASSEMBLY LINE

Hello Homemakers! Now is the time when those who have fruit in their own gardens or who buy it in large quantities will be thinking about conserving it by making it into jam. You can make use of the fully ripened fruit and put your jam into odd jars without tops since you will be using the inexpensive method of covering with melted wax.

To prepare the fruit, just pick the fruit over, then wash it. Weigh the sugar. To draw the juice out of the berries, cover them with the sugar and allow to stand overnight. When heated in this sugar-juice mixture until a syrup is formed and the berries are hot through, they absorb the syrup and tend to "plump up." That is what you want. Then leave your berries in the syrup to cool—to help this process. The mass can then be cooked or slowly concentrated in an electric oven set at a temperature of 250 to 275 degrees.

A quick method of making jam is the following: Prepare fruit, weigh, then crush with a wooden potato masher. Blueberries and hard berries may be run through the food chopper. A short quantity of water—addition of a small quantity of water—before the sugar is added—helps extract the pectin from the fruit. Add sugar—(3 lb. to 1 lb. fruit, or substitute 3 cups light corn syrup for two of the cups of sugar), stirring into the boiling mixture and cooking until a good jelly test is obtained. If the fruit does not contain pectin or acid, either may be added as in jelly or preserves.

Commercial pectin directions are easy to follow and this method saves both time and cost of fuel.

RECIPES

Damson Plum Jam
(Requested)
Wash 4 lbs. plums and cut in half, removing the pits. Break a few plums and add kernels to a bowl. Pour 3-cup water over every 1 lb. plums and heat slowly to boiling point. Cook gently for one half hour. Measure and add an equal quantity of sugar. Simmer one hour and pour into sterilized containers. Seal at once.

Ripe Gooseberry Jam
1 qt. ripe gooseberries, 2 cups sugar, 1 cup cold water.
Wash gooseberries and remove stems and blossom ends. Add water and cook until skins are soft. Add sugar and cook rapidly until thick and clear. Pour into sterilized containers and seal when cold.

Pear Marmalade
To every pound of peeled and cored pears which have been sliced thin add 3/4 pound of sugar, 1/2 ounce of green ginger root, scraped or grated, and half a large lemon.

Place the pears in the preserving kettle in layers, sprinkling each with sugar, lemon juice and grated ginger root. Allow to stand 2 or 3 hours, then heat slowly to the boiling point. Cook until clear and thick. If preferred, the ginger root may be crushed and placed in a little bag which can be removed from the mixture before pouring into glasses.

Take A TIP

1.—Because of the chemical nature of honey, syrups tend to froth early at boiling point; therefore use a large saucepan.

2.—Grass stains may be removed by rubbing in thick hot soapsuds. If a stain remains, bleach with javelle water or hydrogen peroxide. If the material is not washable, sponge with wood alcohol.

3.—Surface mildew may be removed with javelle water. Deeply grown mildew is almost impossible to remove. Try soaking garment in soured milk and spread on green grass out in the sun. If the material is not washable, apply potassium permanganate until mildew is removed and then apply oxalic acid.

THE QUESTION BOX

Mrs. R. T. asks: "Why cannot honey be used to can raspberries and cherries? Is it possible to use all honey to can peaches?"

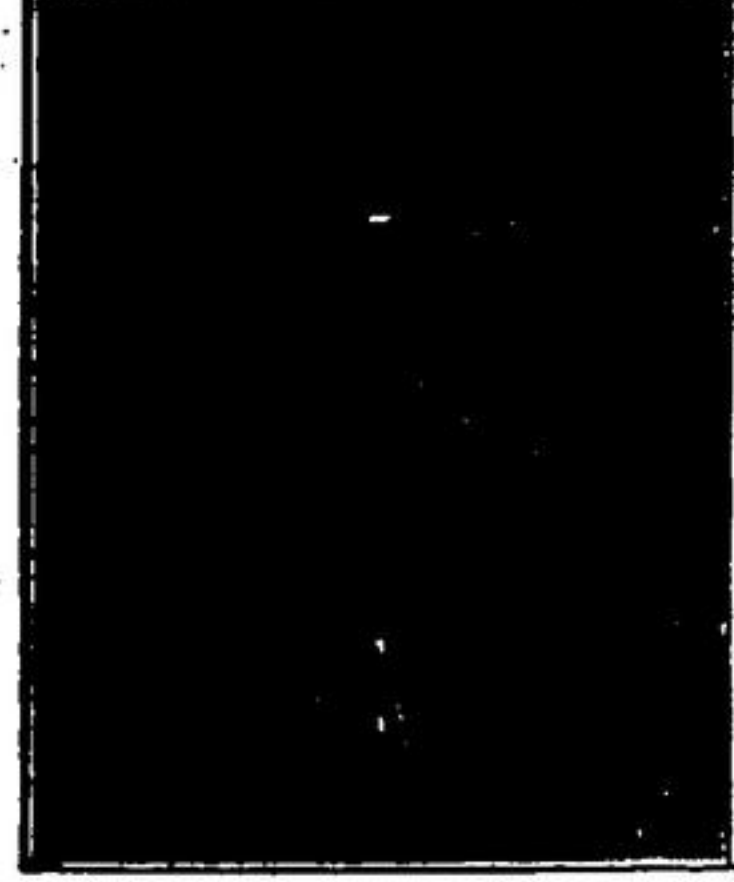
Answer: Honey has the tendency to take on the color in these fruits and make them slightly tart. Experiments prove that most people prefer to substitute 1 cup honey for 1 cup of every four cups of sugar required.

Mrs. S. M. asks: "What will remove sticky fly paper from a rug?"

Answer: Scrape off as much as possible, rub with kerosene or carbon tetrachloride, then sponge with a cloth wrung out of warm water.

Mrs. J. B. says: "Jelly which was made from juice that had been divided and put into two kettles, turned cloudy from the liquid made of the first batch."

Answer: Cloudiness may be due to



ON DUTY IN BRITAIN

Alexander John McDonald (Alec) has arrived safely in Britain to work with the other members of the CBC Overseas Unit. Alec graduated from Queen's University in 1936, worked at the University radio station for two years before joining the CBC. He was in charge of recorded features during 1939 and was supervisor of recorded programs at CBC Toronto studios until he left for overseas.

having cooked fruit too long before straining off the juice, and the light particles of the skin would be floating in the liquid made from the top liquid. Stir liquid constantly while making jelly on your electric range.

Anne Allan invites you to write to her, Care of THE ACTON FREE PRESS. Send in your questions on homemaking problems and watch this column for replies.

Field Widening For Farmerette In 1943 Set-up

Girls on the Land a Popular Success This Year and Officials Planning for Bigger Things in Future Seasons

BY HAZEL DEAN

Canadian Press Staff Writer
TORONTO, (C. P.)—Nineteen-forty-two is farmerette year in several Canadian provinces and 1943 promises to be more so. School-girls especially have strengthened the forces of women on the land throughout Canada and plans are being made for an even greater extension of this line of effort next year.

In Ontario 1,300 girls in farm service camps have set a high standard of achievement. Farmers are agreed their young helpers do "mighty fine work" in the harvest fields as well as in tending the fruit and vegetable crops and other so-called "men's jobs."

Farm service force officials have an eye on the future. Their motto is bigger and better service camps. They "fully expect" to place 2,500 girls in camps throughout Ontario next year—nearly twice the number serving this summer.

In order to relieve the strain on crowded government-controlled service camps during rush seasons, farmers have been encouraged to build "private camps." These are built and maintained by the farmer who employs a superintendent to direct his community of helpers. Supervisors are supplied by the Canadian Red Cross through the farm service force.

Plans for 1943

Directors of 17 farm service force camps in Southern Ontario are already planning for 1943. Improvements next summer will depend on detailed records kept this season of camp life, discipline, wages, labor distribution. Careful recording by camp secretaries of the details of camp life was introduced for the first time this year.

Unemployment insurance for farmerettes is a development. Farmers pay into a camp fund 10 cents daily for each girl employed. The money is used to help farmerettes through rainy days when they are unable to earn enough to pay their weekly board. This system has proved successful and officials say it will continue next summer.

They Sure Like It

Farmerettes describe camp life as "simply super" and are eager to return next year. "The food is wonderful," said one young woman in overalls. "I gained six pounds in two weeks."

The girls like their camp living quarters. They find the variety provided by former tourist inns, fitted-up barns, farm houses and tents highly exciting.

Barns are favorite bunk houses. Many a farmerette prefers a barn dormitory to indoors quarters. Girls make such dwellings habitable by pasting magazine illustrations over whitewashed walls; hanging curtains over screened windows. "Really barns are swell places to sleep—once you get the cows out," said one young farmerette.

Chronicles of Ginger Farm

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

Well, we've got the tea and coffee problem licked. And we are quite in line with the government too—that is, insofar as tea and coffee rations are concerned. Directly rationing was announced we weighed out our three ounces from the half pound of tea which we were already using and thought it looked as if it might do us a week without too much trouble. But pretty soon I could see it wouldn't—not in harvest time anyway. You see, as I may have mentioned before, our men always like a good drink of hot tea taken out to the field in the afternoon—or to the barn if they are drawing in. And that tea takes more from the tea caddy than what we use at the table. The men are hot, tired and thirsty and Partner says the tea puts new life into them, so obviously that was one time when it couldn't be cut out. Dear knows harvest work is hard enough this year, and if there is anything that will help make it easier we want to see that the men have it.

So I started to shop around. There is one sort of cereal drink that comes in a tin which we have never cared very much for, but there is also another grain product which is put up in one pound cartons which has been advertised as a good substitute for coffee. So I took a pound of that home to experiment with. And do you know, it is grand! We use it at breakfast and in the afternoon. I make it just as I would coffee—in a percolator—using only three tea-spoonful for breakfast and four in the afternoon. We like it best with milk, but without sugar, when it is hot. Cold, it makes an ideal drink, served clear, and very little different from coffee, so now do you see why I say we have got this tea and coffee problem licked. Our new beverage is cheap, nourishing and requires no coupons. If the time comes when we cannot get tea at all we shall not find it too great a hardship.

How is the harvest coming? Just about as well as it can, considering the weather. Partner was two days cutting eight acres of mixed grain. Even with lifters he could cut only along one side on each round. There is still a field of flattened oats to cut and then, and then, glory be, we shall be through with the binder for this year. But not through with the harvest by any means. Two-thirds of the wheat is yet to come in. After that we shall have to thresh before we can put in spring grain. But there, it's all in the day's work—we shall get through some time. I haven't a doubt.

This district has been all agog with a mild sort of excitement the last few days. Two prisoners escaped from the county gaol and are still at large. Last time there was a goal-break everyone was very excited about it—but this time... well, after getting used to the occasional German prisoner getting loose the civilian type doesn't seem much to worry about. And of course they will soon have them rounded up and back behind bars. It was rather funny... the night following the escape of the prisoners I had occasion to make a call near Speyside. Coming home it was very dark and my only companion was another woman. The road was winding and a dense growth of trees and bush on either side of the road wasn't too comforting. "Humph," I said, pleasantly, "this would make a dandy hide-out for those escaped prisoners!"

"Oh, my friend exclaimed, 'so you have thought of that too?' And then she added in alarm, 'look—there's a queer light down there. What is it?' I laughed. 'Looks like cat's eyes to me.' And it was. We went a little further. Presently I exclaimed—'For the love of Pete!' and swerved the car suddenly to one side. 'What's the matter—what did you see?' asked my friend in alarm. 'Something worse than an escaped prisoner, I'm telling you.' 'Well, what was it?' 'I laughed—now that the danger was past. 'It was just one of those nice, friendly little animals commonly known as a skunk.' He was crossing the road and by swerving the car I just managed to avoid a collision. We were very glad to come to open country and home without further adventure.

Fun in Craters

BOURNEMOUTH, England, (C.P.) Craters left by German bombs in Bournemouth's central pleasure gardens are being converted into toy-boat and paddling ponds for children.

One Hen Apiece Britons' Quota For Egg Supply

Eggs are Eggs in Old Land Even Though in Cans and Food Supplies for Poultry Quite a Problem

BY ALAN RANDAL
Canadian Press Staff Writer

LONDON, (C.P.)—Britain is in a muddle over eggs which in wartime are a sort of second cousin to a gold nugget so far as demand goes. Everybody is going to be able to get one tin of a dozen dried eggs a month. They are coming in quantity from Canada and the United States but it is shell eggs which caused the problem.

Up to now anybody having more than 25 hens was looked on officially as a commercial egg producer and had to sell the output to the Food Ministry. Smaller producers—backyard poultry raisers—could do as they wished with their eggs.

Now, however, because of the shortage of supplies, feed meal for backyard poultry is to be limited on Oct. 1 to sufficient for one hen for each member of the household. But to be assured of this amount of feed, the producer must surrender the Food Ministry's shell-egg ration registration by July 25. That means an end to the poultry keeper obtaining shell eggs from the grocer—when and if he has any.

Reduce Flocks

Also it means virtually no other course for most small poultry raisers than to reduce their flocks to specified size unless they have neighbors who would like to take from them and are willing to surrender their shell egg registration and supply the poultry keeper with kitchen food scraps. For each such neighbor the poultry raiser may keep one hen.

This then raises the question of eggs for the neighbor from July 25 until the chicken-food ration reduction is effective Oct. 1. The neighbor can't get eggs from the store and officially the poultry raiser's flock is not operating on the neighbor's shell egg registration until October 1.

So many questions are being asked about eggs and chickens and neighbors and the size of households that the Agriculture Ministry says it hopes to produce a booklet shortly answering most of the queries being raised by poultry keepers and would-be hen raisers.

40 Eggs a Year

Under the Food Ministry's ration scheme 40 eggs per adult a year is considered an optimistic figure. Thus it works out that any backyard poultry man who figures he can supply one egg a week to his neighbor should not find neighbors backward in coming forward to help him retain in his flocks one hen per neighbor over and above his family total.

The Bagpipes Skirl in Germany

Sassenachs Supply Sets to British War Office

Stands Scotland where she did? To-day London is making bagpipes for the proud regiments of Caledonia. It is indeed an odd story, although probably the Scots Guards have never heard of it. For as long as 28 years, the 1st, 2nd and 3rd battalions of that regiment have had their pipes made up Kentish Town way.

No fewer than 200 sets have recently gone to the War Office for issue to Scottish regiments. The ivory used for the fittings cost £500. The sheep of the Scottish Highlands supplied the skins for the bags, and wool for the drones and chanters which send out the pipes' wild and melancholy notes comes from darkest Africa—African blackwood arriving as rough logs to be cut up in Kentish Town. The reeds are from Spanish cane.

The makers made their first set of bagpipes for Queen Victoria's piper in a London backroom sixty years ago. Their founder's son started the pipe band of the London Irish. They have supplied bagpipes for the Royal Irish Inniskillings. They make flutes for the Grenadier Guards, for the young women of the A.T.S., for the Army Cadets and the lads of the Air Training Corps.

And their bagpipes are even now skirling among the Nazis. They have sent 12 sets into the heart of Germany through the Red Cross to prisoners of war.

The Sailor Got Home Before This Letter Arrived

The following letter from Gun Layer Herb. Dron arrived after this Acton sailor had landed in Acton but had so much of interest that we know readers will enjoy it as we have.

July—1942.
Atlantic Ocean

Mr. A. Dills,
Editor and Publisher,
THE ACTON FREE PRESS,
Dear Sir:

At last, after ten days stationed at the D.E.M.S. pool in Liverpool, England, I am homeward bound—and not a bit sorry at that, it is just fourteen months since I left home last.

Liverpool certainly did get a very severe bombing as I noticed during my stay there, but like the rest of England, they seem to be able to "Take It." One place in particular, Lewis's, one of Liverpool's largest and best known department stores, which was partly demolished by bombing, are still carrying on in what parts of the building was not damaged. It is about as large as T. Entons in Toronto, while they are repairing the parts, and rebuilding what was bombed. "Business as usual!"

Well we had a very exciting trip this time, of course my ship was only one of a convoy of—? ships. When over half way across signals flew from the halyards, submarine pack in vicinity, but just where, they could not discover, that was about five or six o'clock in the evening. The convoy stopped for awhile, or almost, I should say. Then we changed course and continued on at full speed, with our "small" naval escort. About 10 p.m. I thought I heard gun fire, but as no alarm was sounded aboard, I paid no attention to it, at 11:00 p.m. one of the gunners came down with orders "Guns crew close up," subs are attacking us, and it seemed by the gun fire, and the parachute flares put up that we were completely surrounded by subs, except "deadhead." Our position in the convoy was second ship on the outside, or starboard side, but the attack was concentrated on the stern of our convoy, just what damage or casualties I cannot say, not knowing definitely, but I do know that one ship got a "Tin Fish" was the second ship behind us in our line. The whole convoy was keeping in their lines, but changed course and continued at full speed. Next morning I counted—ships out of—? Anyway their attack was not as successful as it could have been. The following morning as we were speeding along, on my watch ("The Graveyard Shift") a terrific explosion was heard, then down went depth charges and up went flares, and the ship directly ahead of us had been torpedoed, and she pulled out of line and dove to. She was still about two hours later but if she sank later on or not, I do not know. She was the only ship torpedoed. Our naval escort went on a sub hunt then while two of them stood by the damaged ship. Well after that attack I thought, well I feel like having a decent sleep and I think we are safe for the rest of the day anyway, so I undressed and turned in, to be rudely awakened a couple of hours later on by "Guns crew close up, enemy sub sighted," and our escort was not in sight. Well I thought for sure we would get it this time, incidentally we had taken up the position in lead of our line in place of the ship that had been torpedoed. Our luck held. No attack took place and about an hour later one of our destroyers came speeding up, and believe me Mr. Dills, I wish to say it was a very welcome sight, any way it broke my good sleep and I haven't undressed since. It doesn't always pay.

Most subs work in packs, and they remind me a lot of northern timber wolves, attack in packs, keeping submerged all the time, and then turning tail and running, but they don't always run fast enough, most merchant ships are armed with 4-inch and 12 pound guns nowadays but they are of no use for firing at anything under the water, and subs have not any desire to "come up top," and fight it out with a merchant man, for they generally give a "very good" account of themselves and nearly all merchant ships have one to three, and some more naval gunners aboard. They are what is known as D.E.M.S., ratings, and are a separate branch from what is known as "General Service," of the navy. The British navy has D.E.M.S. pool in nearly every big shipping centre in the world, and there must be at least twenty thousand D.E.M.S. ratings in that service.

We had bad weather nearly all the trip, for rain, and cold winds, and just after our first sub attack we ran into a Hurricane but even that was better than the subs. And to-day although there is no big seas, our ship, being light, is rolling on an angle of nearly 30 degrees, in fact when I get

Men, Women Over 40 Feel Weak, Worn, Old?

Want Normal Pop. Vigor, Vitality?

Don't weak, run-down, exhausted condition make you feel heavy and old? Try Dr. Williams' Pink Pills for Pale People. It's the only medicine that builds up the blood, restores vitality, and gives you the strength and energy you need. It's the only medicine that's been used for over 50 years and is still the same. It's the only medicine that's been tested by the most scientific methods and found to be the most effective. It's the only medicine that's been used by the most famous doctors and is still the same. It's the only medicine that's been used by the most famous patients and is still the same. It's the only medicine that's been used by the most famous nations and is still the same. It's the only medicine that's been used by the most famous people and is still the same. It's the only medicine that's been used by the most famous doctors and is still the same. It's the only medicine that's been used by the most famous patients and is still the same. It's the only medicine that's been used by the most famous nations and is still the same. It's the only medicine that's been used by the most famous people and is still the same.

FIGHTER THROUGH-INJURED

NOTTINGHAM, England, (C.P.)—Pit-Lt. Denis Horner, 27, who can't sit in one position for more than two hours because of a spine injury, has won the D.F.C. as a bomber pilot, and he was described officially as the "most experienced and skilful pilot in his squadron."

No "Merry Widow" With Weddings

English Rector Will Not Allow Popular Melody in His Church

STOKE, England, (C.P.)—You have to draw the line somewhere so Rev. E. J. Martin, rector of Stoke, drew it when a bridal couple wanted "The Merry Widow" to be played for their wedding. Mr. Martin said no, not in his church. He admitted allowing a rendition of the swing tunes, "There's a Land of Begin Again," and "I'll Walk Beside You," at a funeral but said, "I'm not going to do it any more."

THE RAILWAY AND THE WAR

Thurston Topham's series of twelve drawings illustrating the part played by the National Railway in Canada's War Effort will be published in booklet form.

Proceeds to Canadian National Railway Employees War Services Association to provide comforts for members of the Fighting Services.

To secure a copy send Ten Cents in stamps to City Ticket Agent, Canadian National Railway, Cor. King and Yonge Streets, Toronto, Ont.

For Distinctive Service

"SALADA" TEA BAGS

CARROLL'S

Nourishing Food for Vacation Days

"Quaker" Muffets
3 pkgs. 25c

KOZY SUB No Coupons Required! pkg. 31c

Instant Postum No Coupons Required! tin 31c, 51c

PUDDINGS Dainty's Quick 2 pkgs. 11c

ORANGE JUICE Galt Bros 20-oz. tin 18c

JUMBO PEAS Aylmer Fancy 16-oz. tin 13c

GREEN TOMATO PICKLE Libby's 19-oz. jar 19c

MUSTARD Libby's Prepared 6-oz. jar 10c

CORNSTARCH Canada pkg. 10c

ROYAL COFFEE tin 28c, 51c

Cowan's Cocoa tin 14c, 24c

Master's Dot Biscuits 2 lbs. 25c

COX GELATINE Package 17c

QUAKER OATS Quick pkg. 7 1/2, 19

Salad Dressing 8-oz. jar 17c

CORNFLAKES Quaker 2 pkg. 15c

Woodbury's Soap 16 Sals 4 cakes 24c

CASTLE SOAP Kirk's 2 bars 9c

OXYDOL 9c, 23c, 65c

OLD DUTCH Cleanser tin 10c

Princess Flakes lg. 24c

Guest Ivory Soap 3 cakes 14c

Ivory Snow or Flakes lg. 23c

Palmolive Soap 2 cakes 11c

NOODLE SOUP Stafford's pkg. 10c

CERTO tin 25c

Christie's Golden Fovand CAKE each 25c

Christie's Raisin CUP CAKES 6 for 10c

Quaker Puffed RICE pkg. 9c

Sliced Side BACON 1/4 lb. 23c

XXX VINEGAR quart 11c

Ovaltine tin 39c, 98c

Seal Jam Jars with Marmite Seal pkg. 10c

Shopping BAGS each 3c

Quaker Puffed RICE pound 12c

Fly-Go SPRAY 8-oz. tin 20c

Cornstarch BAKING POWDER 16-oz. tin 21c

TODDY tin 25c, 45c

LARGE SIZE LEMONS, Doz. 35c

JUICY VALENTIA ORANGES, Doz. 39c

SEE OUR PRICES ON Tomatoes, Peaches, Plums, Apples

Also Fresh Melons, Pears, Grapes, Celery, Special Prices

Fruit and Vegetable Prices Good Till Saturday Night Only
We reserve the right to limit quantities to family requirements