

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Editor Home Economics

YOU'RE ELECTED TO DO YOUR OWN CANNING

Hello Homemakers! To-day's knowledge of nutrition—particularly of the importance of vitamins and minerals in our daily diet—has made us realize the value of home-canned vegetables. Grocery store shelves are no longer plentifully stocked with canned goods. So nowadays coming for the family ready-made under the heading of "duty," especially if you haven't adequate storage facilities.

Testing kitchens have been busy making thorough studies in search of a safe canning method. Water bath sterilization is the method we recommend, although the pressure cooker (not available at present) is best. For those who have pressure cookers, canning "bees" can be organized to help can our vegetables to the fullest possible extent.

STEPS IN CANNING VEGETABLES

1.—In buying war-grade rubber rings, buy according to type of jar: read label on the box. If pre-war rubber rings spring back after being folded double, they may be used. Before using, pour boiling water over rings and zinc top and let stand about one minute.

2.—Jars are preferable for vegetables. Jars and glass tops must be free from nicks and cracks. Match lids—do not let lids "rock" on jars.

3.—Sterilizing equipment is important. Thoroughly scrub every utensil and bowl to be used with a good brush in hot, soapy water. Then rinse and sterilize. For water sterilization, fill each jar with clear water, place glass tops in position and stand jars in boiler or large kettle. Add spoonfuls of lemon and fennel. Bring water to boiling and let boil 15 minutes. Take jars out when ready to fill, one at a time.

4.—Preparation of Vegetables: (a) Use fresh vegetables. Can them an hour or so after gathering and meantime keep in cool place as bacteria begins to grow when they are in warm kitchen. (b) Sort according to size, discarding over-ripe, bruised or blemished ones. (c) Washing pods or vegetables thoroughly in two or three waters. Then pod, stem or trim, and wash again. Lift out instead of draining and put in sterilized bowl. Don't wash too many at once. (d) Cut in uniform size, using scalded knife, and put in scalded kettle.

5.—Pre-cooking is recommended to ensure quick and thorough heat penetration. Cover vegetables with boiling water and boil for 3 or 4 minutes.

6.—Prepare to fill jars. Place sterilized jar on scalded pie plate; put rubber ring on; insert funnel and have scalded utensils ready. (Keep utensils on plate—not on unclear table). Work quickly; pack fairly loosely to allow for expansion. Fill to within 1/2 inch of top, or 1 inch if which they were pre-cooked, up to brim; slide sterilized knife down in jar to let out air; add 1/2 teaspoon salt to each pint jar—place glass top on and partially seal. With screw-top sealers, screw tightly, then unscrew a half turn; with wire-clamp jars, adjust top clamp but do not spring down lower one.

7.—Processing by hot water bath. Set filled jars on rack in wash boiler, large preserving kettle or galvanized iron pan. The rack may be a wire rack, a shingle or a chopping board. You may have to improvise a lid to fit container. Pour hot water into processor or cooker to cover the jars



CANADIAN ACTRESS

Bryda-Lise King is one of the prominent actresses playing in CBC's Summer Theatre. The program is from Winnipeg under the direction of producer Esau Ljung. Miss King was a member of Orson Welles' "Native Son" cast. She has also played with Monty Woolley in "The Man Who Came to Dinner." The next Summer Theatre production is "That Old Affair" by the Canadian author, Stella Fox, to be heard over CBC's National Network, Tuesday August 30, at 8:30 p.m. E.P.T., 9:30 p.m.

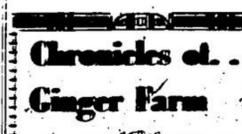
USE TOMATO JUICE TO CAN VEGETABLES

Even experienced homemakers have had some spoilage with peas, corn or string beans. These vegetables are difficult to home can (without pressure cooker) because they are non-acid. We can now recommend the following procedure to add acidity.

1.—Wash beans, string top and tail, wash and cut in uniform sizes. Put into kettle, cover with water and boil 3 minutes. Pack to within 1 inch of top, fill jar half full of canned tomato juice or hot, cooked, strained tomatoes; then fill to top with liquid used in pre-cooking. Process in water bath for 1 1/2 hours. Remove, test and cool.

STEEL FROM CEYLON

COLOMBO, (C.P.)—Steel bars are being turned out for the war effort from Ceylon's first steel-rolling factory. The bars, made from the island's scrap steel, will be made into nuts and bolts in armament manufacture.



Chronicles of a Ginger Farm

Written Specially for THE ACTON FREE PRESS by GRENDELIN P. CLARK

I have picked my last berry for this year and used my preserving sugar to the very last ounce so now I think I can turn my thoughts to some other line of activity. Ten trips I made for berries altogether, some of which we used on the table, the rest went into sealers and resulted in twenty-eight jars of fruit, only four of which are quarts.

On our last trip we went up the mountain and something happened which I have always been afraid might happen even since I have driven a car. That is, I was nearly to the top of a steep, narrow and winding hill—and the car stalled. Fortunately our Lizzie has good brakes and they held. I had a passenger with me and she said "What are you going to do, Mrs. Clark?" "I don't know yet," I answered, "but you had better get out and step my car that might be starting up the hill!" So my friend got out and when I knew I was only responsible for my own safety I felt better. But I certainly didn't fancy handling all the way down that hill and I had no intention of doing so if I could help it. So I let go the brakes very, very slowly and watched my opportunity. Presently along the bank I saw a good solid rock against which I braked the car, thus angling across the road so that I was able to release the brakes and start the motor going. Then I put her into low and took the rest of the hill without any trouble at all. But I didn't stop to pick up my passenger—she had to walk, poor dear, until I reached level ground. It was not the car's fault that it stalled, but mine. I thought I could make it with her and home Partner some-thing changed gears, and that was the end of that.

The next day it was Partner who provided the thrills by trying to make a widow of me. He fell and twisted, or strained, the ligaments in his shoulder. And the place where he fell was none other than the bull-pen. He was carrying a pail of water to that indispensable animal and tripped. To save himself from going mailed up with hooves and horns Partner some-how managed to twist his body so that all his weight came down on one hand and thus wrenched his shoulder. When I realize what might have happened if sort of turns me cold. Had Partner fallen under the head he would have been trampled to death before I knew anything about it. One thing is certain if all things that nearly happened did happen we would all be dead long ago. I suppose we all have theories to tell of the narrow escapes we have had from time to time.

Partner put in a pretty bad time for a day or two with his shoulder—to say nothing of the nights—but generous applications of liniment helped the situation and he is now able to work again, albeit with difficulty. It was a bad time to get hurt. As a result our wheat is still in the field, which otherwise would have been in the barn.

The next day my sister and her boy were coming for the week-end—and they missed the train. However they arrived the next morning. Then came Sunday, chore time—I mean at night—and Partner noticed a horrier calf wandering in the pasture. It took us quite awhile to hup for it and when we found it, it was dead. We thought we had better find out the cause of its death and called the Vet, who said there was quite a lot of trouble with young cattle throughout the country, which he attributed to the extreme heat.

So altogether last week wasn't the best we have had by a long way. I am sorry if this reads like a tale of woe but that's the way it is. However if the right party gets in on August 4, no doubt all our troubles will be over. In the meantime I wonder if it's the political tempo that is making us all so uncomfortably warm these days. Or would it be a sort of break-back of the heat from around Italy and Sicily? Whatever the reason it's too darned hot to write anyway, so until next week I'll say good-bye!

Chinese Woman Japs' Doctor

Makes Advances of R. C. Hervey

Reverend While Her Husband and Daughter Missing

VANCOUVER, (C.P.)—Ironical fate part Dr. A. S. Tsui, Chinese woman physician, in charge of Japanese patients evacuated from the British Columbia coast at Slocan.

Somewhere her son and daughter, Tsien-Liang and Hui-Hui are victims of the Japanese invasion of Shanghai. For two years she has heard no word of them. Her husband was reported missing in the Sino-Japanese war.

Because she headed her own hospital in Formosa, Japanese physicians, in charge of Japanese patients evacuated from the British Columbia coast at Slocan.

Dr. Tsui, who studied at Harvard University, hopes to re-establish herself in her profession at Vancouver after the war.

Gloria Handles Winning Pacers With "Pro" Touch

Harder Work Than Washing Dishes, She Says, but She Drives Trotter to Victory and Works off Weight

DAYTON, Ohio, (C.P.)—The hard-hoofed on the backstretch end of the county fairgrounds track are meeting their eyes with a 12-year-old Dayton girl who handles pacers and trotters with a professional touch.

Childish Gloria Hatfield's boss, Bob Seabrook, says the girl has a firm hand and a fine judgment of pace and position, and that she will be a great driver in a few years. He says she will be driving with the best of them.

Gloria, who lives with her parents, Mr. and Mrs. Fred Hatfield, and plans to enter Wilbur Wright High School this fall, started training horses pretty much by accident.

Butane for Gas It's New Fuel

Alberta Car Getting Along Nicely Without Gasoline but General Use Limited

CALGARY, (C.P.)—There is one car in Calgary that isn't affected by gasoline rationing.

It is a truck operated by the Calgary National Gas Company and it uses butane, a highly volatile by-product of natural gas, in place of regular gasoline.

The truck has been using this type of fuel since February following a year of experimentation but company officials say the possibilities for its limited use cannot yet be used by motorists generally.

Since the experiment began, the company that received a flood of letters from motorists asking how they could equip their cars to use butane.

Company officials said numerous pieces of special equipment, such as a pressure tank, pressure tubing, a placement of the carburetor with a special regulator, and special spark plugs are needed to convert a car to use of butane. Most of this equipment is now unavailable because of the war. They said mileage obtained by their butane-operated truck was generally on the same scale as ordinary gasoline on gallonage basis.

An employee of the gas company in Edmonton also experimented with natural gas as an automobile fuel. He used a large, rubber, balloonlike bag as a storage tank. The experiment was successful except that a refill was necessary after about eight or ten miles.

The rubber shortage also complicates that type of venture, officials said.

USE CAMOUFLAGE

In a badly-lit cafe, seafaring men smoked and drank their rum. Suddenly a huge man burst through the doors.

"Is there anyone here called Pederson?" he roared.

No one spoke. A few customers began to edge their way, uneasily towards the door.

"If there anyone here called Pederson?" he demanded again.

A very small, timid man rose from a table in one corner and said: "Yes, my name is Pederson. Who wants me?"

"Oh, so you're Pederson, are you?" growled the man-mountain. "I've a debt to settle with you."

He strode across the room, picked up the little man with one hand and battered him senseless with the other. He then dropped him on the floor and left the cafe.

Twenty minutes later the little man recovered consciousness, got up painfully, smiled, and feebly said aloud: "I thought I could fool him. My name's not Pederson."

FLANNELETTE

Recent orders of the War-time Prices and Trade Board are expected to conserve more than 230,000 yards of flannelette for essential civilian uses. On the restricted list go children's two-pant sleepers, sleeve lengths of women's and children's pyjamas and nightgowns. The restrictions do not apply to garments used in hospitals. Babies' diapers have been listed as essential.

Rationing Time Table

(Clip this out and keep available)

COFFEE OR TEA (Ounces)

Coupons 1 to 12 inclusive now valid.

Coupon 13 valid August 23.

Valid until declared void.

Each good for 8 oz. coffee OR 2 oz. tea.

SUGAR (Pounds)

Coupons 1 to 12 inclusive now valid.

Valid until declared void.

Each good for one pound of sugar.

All coming sugar coupons, now valid.

BUTTER (Pounds)

Coupons 20 and 21 now valid.

Expire August 31.

Coupons 22 and 23 valid August 5.

Expire August 31.

Coupons 24 and 25 valid August 19.

Expire September 21.

Each good for 1/2 lb. butter.

MEAT (Pounds)

Coupons pairs 4, 9 and 10 now valid.

Expire August 31.

Coupon pair 11 valid August 5.

Expire August 31.

Coupon pair 12 valid August 12.

Expire August 31.

Coupon pair 13 valid August 19.

Expire September 21.

Each pair good for 1 to 2 1/2 lbs. meat.

Coupon Station Book No. 2 to be issued August 23-28.

BUILT ON CANADA

In the years 1935 to 1939, only 25 per cent of the total imports of houses into the United Kingdom was supplied by Empire countries, principally Canada.

With supplies cut off from Europe, Canada stepped into the breach, and by the 3rd year of the war, Britain looked to Canada to supply 75 per cent of the total required. In the 4th year of the war, Canada's responsibilities had increased to 80 per cent of the total quantity needed to maintain the houses of four million per person per week.

REMEMBERED BROTHERHOOD

"I hardly feel like a stranger," said the best man at a wedding. "My friend has an often done me the honor of reading extracts from his dear boy's letters."

"Sir," exclaimed the bride. "My name is Margaret."

KNOWLEDGE

"Have he know much?"

"Well, he not only knows that he doesn't know much, but he knows enough to keep others from knowing it."

How Famous Hotel Chefs Meet "Meatless Tuesday" Challenge

Meatless Tuesdays and meatless Wednesdays are challenging and important to all cooks. That challenge has been accepted by the kitchen experts of the Canadian National Railways Hotels, who face up to the meatless problems as those of Mrs. Householder; they must exercise intelligent imagination to provide necessary substitution.

Chief in Canadian National Railways Hotels—these are eight of them in as many cities of the Dominion—meatless Tuesday means which offer pleasant gastronomic adventures to meatless guests.

Here are selections taken from a big list of meatless dishes now being served in National System Hotels. They have been prepared by men of international reputation yet each item presented can be prepared economically in any kitchenette with modest resources.

FRIED CHEESE SANDWICH

The first dish comes from Edward Albert Gelander, Chef at the Macdonald in Edmonton, a hotel with a sterling reputation in that busy city, and throughout the West generally, for the excellence of its dining room service. During the Royal Tour in 1939, Their Majesties, King George and Queen Elizabeth, were guests at an official dinner at the Macdonald and those present on that occasion commended the menu as being entirely choice and appropriate. Here is Chef Gelander's suggestion for a delicious supper dish:

Make a well buttered cheese sandwich with a slice of Canadian cheese 1/2 inch thick between. Break two eggs, beat well, with a tablespoon of cream and a splash of salt. Spread mixture on both sides and fry in butter to a golden brown. Then finish in the oven for five minutes to be sure that the cheese is positively melted. Serve very hot. It is possible to do without butter on the sandwich loaf.

MEATLESS MACARONI SHEPHERD'S PIE

This suggestion came from Nicholas Lacombe, Chef at the Nova Scotian Hotel, Halifax. He also suggested some excellent fish recipes but the Shepherd's Pie, a favorite in many Canadian homes, was selected as a novel variant of an old friend. As given below it will make six servings.

2 cups small cut macaroni 1 onion
2 green peppers 2 cups milk
2 cups grated cheese 2 eggs
Method: Boil macaroni in salted water (not too well covered). Boil the green peppers and onions, blanch in butter or other fat. Mix cooked macaroni, cheese, eggs and milk together. Salt and pepper to taste. Pour in a small greased deep pan; bake in medium hot oven 25 to 30 minutes. Serve hot.

GNOCCHI NEW ORLEANS

Before war imposed travel restrictions as well as rationing, Canadians who found themselves at St. Louis in London, Greenwich Village in New York, or the neighborhood of Fisherman's Wharf in San Francisco, spoke with delight of the gnocchi discovered in restaurants where good food was obtainable at moderate price. It is a real novelty yet William Schmidt, Chef at the Canadian National Prince Arthur Hotel at Port Arthur, gives assurance that it is well within the capabilities of every housewife and the resources of all good kitchens. Chef Schmidt adds macaroni, but says that when market considerations and price make them scarce and expensive they can be left out. The recipe provides four to six servings.

1 cup milk
2 whole eggs
2 cups flour
1 pinch salt

1 cup dried onions
1 cup dried celery
1/2 cup dried green peppers
1/2 cup dried red peppers
1/2 cup sliced mushrooms (optional)
2 cups sliced stewed tomatoes
Salt and Cayenne pepper

Method: A—Whip all items into a thick paste and divvy into slightly wetted boiling water through large pinning lad, poaching gently. Drain off and fry with a little butter and grated cheese.

B—Try onions, celery, green peppers and mushrooms till tender. Add tomato pulp and cook well, adding red peppers last—providing these are canned. If fresh, of course, cook them with the other ingredients. Salt and cayenne pepper to make a rich hot flavor.

Put (A) Gnocchi in buttered bowl and cover with hot tomato sauce (B). Sprinkle with grated cheese and bake.

Seamen Honored by King



CAPTAIN R. M. MARSDEN, CAPTAIN A. H. HURLEY, CAPTAIN G. WELCH, CHIEF OFFICER M. O'HARA

In the last honors list, five of the able Canadian merchant seamen rewarded by the King for devotion to duty are members of the Canadian National Steamships and include Captain D. M. MacLeod, of Montreal; Captain J. H. Huxley, of Sbrodia, N.B.; Captain G. Welch and Chief Officer M. O'Hara, both of Halifax (pictured left to right), and John Christianson, of Kellwood, Man., ship's carpenter. This brings to twenty-one the number of Canadian National Steamships' officers and ratings in the Merchant Marine or serving with the

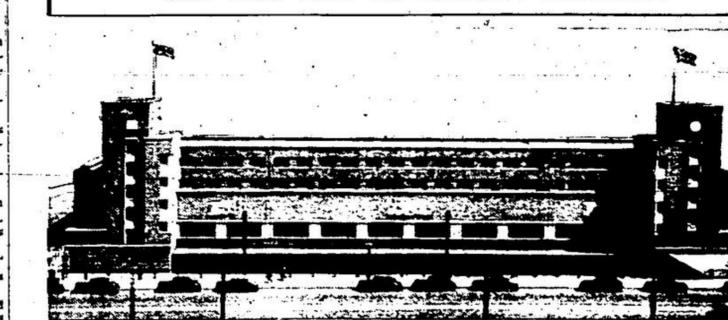
Will Marry Girl He's Never Seen

LONDON, (C. P.)—Eric l'Epine Smith, film studio casting director, is getting ready for a wedding to a girl he has never seen. The girl is June Chiffren, an actress who was caught in Germany when war started. She escaped to Sweden last January and since then l'Epine has signed letters promising to marry her and support her in order to get her to England.

Men, 30, 40, 50!

Work Normal, Pop, Win, Vigor? Men, 30, 40, 50! Work Normal, Pop, Win, Vigor? Men, 30, 40, 50! Work Normal, Pop, Win, Vigor? Men, 30, 40, 50!

OLD AND NEW IN STATION FASHIONS

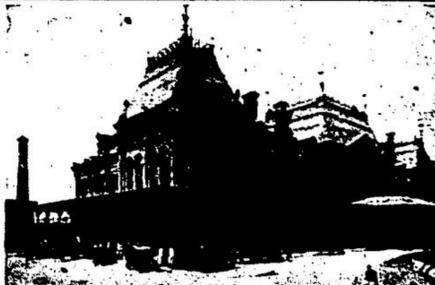


It is a choice example of an up-to-date structure of its period.

At the top is seen the new Canadian National Railways Central Station in Montreal now in service after being inaugurated by the Minister of Transport, Hon. J. G. Bourne, in a photograph taken in 1938 when it was opened for business. The photograph was taken by William Norman, whose pictures of Montreal and other parts of the historical record of the Metropolis.

The upper photograph was taken from the Dorchester Street Bridge which is 30 feet above the level of the passenger concourse, the building being at the edge of a plaza approximately 225 feet in width. The motor cars are parked on the bridge. The lower photograph taken 55 years ago is dated by the horse-drawn vehicles and when closely examined the old negative shows that some of the men standing at the station edge were what the old time reporters termed "smart equipages."

The original structure was up to date when opened for service to the traveling public. It was illuminated at night by open arc lamps which spluttered and cast unusual shadows but were highly regarded as evidence of progress. In 1916 a serious fire gutted the interior and when the structure was rebuilt the three towers were not replaced. In its present form the station served countless thousands of travellers who found it a convenient friendly place.



Old Bonaventure welcomed numerous distinguished travellers including Royalty. It will remain in service for suburban and part of the structure will be remodelled to serve men and women of the active forces travelling in and out of Montreal by special trains.

The Central Station now in use is the last word in railway passenger structures, being equipped with every convenience to assist the traveller. The public concourse through which travellers pass to and from the train track

levels, is of such size that it would contain the entire floor space of Bonaventure with 10,000 square feet to spare.

The Central Passenger station is the focal point of an important terminal development which will greatly improve Canadian National facilities in and around Montreal. These improvements are of service in Canada's war effort because they allow of quick and direct movement of passenger and freight trains moving troops and supplies essential to that war effort.