

# Of Interest to Women



## THE MIXING BOWL

By ANNIE ADAMS  
Home Science Consultant

Hello Homemakers! Here this week—but gone next week! That's the story of many of our perishable fruits, unless we can do something about saving some for future use. Home canning now means better meals and better health next winter.

Canning in airtight jars or cans is the most widely used method for preserving fruits and vegetables. Success in canning is the result of abiding by up-to-date instructions. Good canning principles are:

1. Can only fresh food, in perfect condition.
2. Have food, jars, everything used for canning thoroughly clean.
3. Work quickly, so as to can freshness.
4. Follow up-to-date instructions and time tables.
5. Make sure jars are airtight to keep out air which causes growth of moulds.
6. For water-bath canning have the water hot in the processor when you put the jars in. Count the time from the minute the water begins to boil. The water should be two inches above the top; add hot water if it boils away. Keep a cover on the wash boiler or processor.
7. Heat food hot enough and long enough to kill harmful bacteria which often causes spoilage.
8. Complete the seal of a screw top jar by pressing on the glass top while you tighten the metal ring.
9. Cool jars right end up but do not place in a draught.
10. Label and store in a cool, dark place.

### The Sugar Solution

We have co-ordinated our results with those from the Dominion Department of Agriculture. One interesting table shows the approximate number of quarts of canned fruits from ten pounds of sugar:

Very thin syrup (1 cup sugar to 3 cups water) yields approximately three and one-half quarts. Using one cup of syrup for each quart jar of small or sliced fruit will can about sixty-five quarts.

Thin syrup (1 cup sugar to 2 cups water) yields approximately two and one-half quarts. Using one cup syrup for each quart jar of small or sliced fruit will can about forty-five quarts.

Moderately thin syrup (1 cup sugar to one and one-half cups water) yields approximately two cups liquid. One cup of syrup fills forty quarts small or sliced fruit or twenty-seven quarts of large or whole fruit such as strawberries and peaches.

Medium syrup (one cup sugar to one cup of water) yields approximately one and one-half quarts. One cup of medium syrup fills twenty quarts of large fruit. This is suggested for canning sour cherries and plums.

Berries and currants (raspberries, blueberries, gooseberries, blackberries, huckleberries, loganberries, thimbleberries, Saskatoons, red and black currants).

Pick over and clean (wash if necessary). Cover with boiling syrup. Process pint jars 15 minutes, quart jars 20 minutes in water-bath. Process tin cans (20 oz.) in water-bath.

Only pre-war pint jars may be processed in preheated electric oven at 275 degrees for 25 minutes.

Cherries—Wash, stem, pit if desired. Pack in sterilized jars. Cover with boiling water. Process pint jars 20 minutes and quart jars 25 minutes in water-bath. Process tin cans (20 oz.) in water-bath only 20 mins.

### Canning Without Sugar

Sugar does not affect the keeping quality of canned fruit. However color and shape of some fruits are retained better when some is added.

Berries, cherries, rhubarb and juicy plums may be canned without sugar by the following method:

Wash and crush part of clean fruit in bottom of preserving kettle. Add a little water (about 1 cup for 4 quarts) to prevent scorching. Add remaining prepared fruit. Cook until juices begin to drain out (about 2 mins. boil). Back into jars and gently press fruit to make juice come to the top of jar. Process in water-bath 20 mins.

### Take a Tip

Cooling home canned fruit is important.

1. Cool sealers in an upright position.
2. Leave space between sealers while cooling.
3. Place sealers on folded newspaper out of draught and do not cover.
4. Plunge tin cans into cold water and change the water once or twice so that they will cool rapidly.

### The Question Box

Mrs. D. M. suggests: Raspberries stored raw have kept successfully by the following method: Select firm,

## CANADIAN THRUSH



In competition with a number of Canada's most talented young vocalists, Clair Gagnier, the Montreal coloratura soprano, won highest award in a nation-wide radio contest of "Singing Stars of To-morrow." After a summer vacation with her family in Canada, Miss Gagnier will resume scholarship studies at the Juillard School, in New York.

clean berries. Pack into sterilized jars gently. Cover with boiling syrup. Put on a hot rubber ring and adjust the top. Seal tightly. Place in a tub in which a towel has been folded in the bottom. Four boiling water down the inside, enough to cover 3 inches over the top. Put a lid on a utensil and cover with several heavy towels. Leave in water bath over-night.

Answer: We have found this method successful for raspberries and rhubarb. A cool, dark storage place is essential however.

## Color Riots In Gotham's Fall Styles

Suits are Tops with Softer Tailoring, Longer Jackets, and Tricky Dressmaker Effects

BY DOROTHY ROE  
Associated Press Writer

NEW YORK (CP)—Your next winter's clothes are going to be colorful, feminine and definitely elegant.

Suits, still the No. 1 hit on the style parade, desert the classic mannish mode and go in for softer tailoring, longer jackets and tricky dressmaker touches. Many dispense with lapels and substitute a high, collarless neckline, subtly scalloped. With them are worn plain, untrimmed collarless blouses of soft cashmere jersey, in matching or violently contrasting tones.

The bustle is with us again, and is in the capelet dress. The former appears in the form of bows or flirtatious peplums at the back of sleek sculptured crepe dresses or cocktail suits. The latter is seen in woollen versions, in high colors, with the waist-length cape often fur-lined. A fuchsia cape with a black dress, or a green cape with a purple dress are favorite color combinations.

Color riots through all collections. Bruno shows a series of beautifully tailored suits in heather tones—heather gold, heather mauve, heather blue, heather pink, all with matching cashmere blouses, gloves and towering turbans.

### Smart Designs

Maurice Rentner glorifies a wool suit dress, with a series of two-color combinations in slim, classic dresses with contrasting jackets and short capes.

Claire Potter wows the populace with a new Pierrot slashed sleeve jerkin worn over a long-sleeved blouse so that the color shows through the slashes. This appears worn with both skirts and slacks.

Claire McCordell solves the campus problem for the college girl with clamdigger shorts and pull-on tops of bright wool jersey, with a button-on skirt of tweed to be tossed hastily over the shorts for classroom wear.

Samuel and Ruth Kass accent the longer "slack" waistline in suits, dramatize glitter in a cocktail dress covered entirely in sequins to make the wearer look like a glamorous mermaid.

Jo Copeland uses discreet glitter on her fabulous cocktail suits, shows stunning beaded chiffon tops with slim, sleek black skirts and jackets. She shows one suit of silver gray slipper satin, takes a top from the Burmese for jeweled encrustations on hip pockets of simple, one-piece frocks in high colors.

Anthony Blotte scores the sensation of the season with a long jacket in ginger brown, bound in black wool and reaching half way down the thighs. Under it is a superbly simple dress in plain black wool with a black satin blouse top.

## Chronicles of... Ginger Farm

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

Looking back, last week seems like several weeks rolled into one. When it started we thought help for haying would be our only problem. For that reason, we had one of the Farm Commandos out to help—and we were very well satisfied with the result. It looks as if city help has saved the day for a good many farmers. Monday saw all our hay in that was ready for the barn. Tuesday, Partner intended cutting again—and was that ever a break for me, because, on that very day I was invited to go to Toronto. Did I accept? Well, if I hadn't I would probably be stepping around in bare feet by now. As it is my feet are anything but bare. You see I went to a store that specializes in "corrective footwear" and the shoes they sent me home with are like "herring bones" without "topsoil" so I shall never be surprised if my family renames me "Clemeline"!

Wednesday Partner was straightening out the mow all day in preparation for Commando help next day. But the Commando help was cancelled because Partner's brother arrived to the day. Friday morning the real climax came when our son walked in. Or maybe I should call it an anti-climax because, from a wire we had received from him, we surmised he was down in Halifax or maybe half way across the Atlantic. However, his visit was of short duration, which was more than we had hoped for. On Saturday morning another friend arrived from the city to help with the hay, and of course I had phoned Daughter that her brother was home so she came along too. Saturday afternoon I saw a strange "bike" on the lawn—young John, who used to work here—had come up unexpectedly for the week-end. But he had stopped off at the hayfield and was driving the team on the horse-rake.

So with continued fine weather and plenty of men around Partner got in quite a bit of hay—but naturally not too much because we didn't want to take advantage of the help that was so willingly given. Haying, plus hot weather, can be hard to take. Sunday night our visiting family were all on their way again, and I must confess that Partner and I are feeling a little limp! However, there is still hay to get in so I guess we shall just have to get over our "limpness" the best way we can.

Yesterday afternoon there was a heavy rumble of thunder. The wind got up and the sky was overcast. Partner was shutting doors outside and I was running around shutting doors and windows in the house. And then nothing happened. The storm passed us by. There wasn't even a sprinkle of rain. But this morning's paper tells of much damage done in the Hamilton area and we know that less than six miles from here crops were flattened. Is this district specially favored I wonder, or will it be our turn next?

This week we got something very, very convenient—and I wish we had had it years ago. It won't seem very exciting to you people with your refrigerators and fridges—but it is only a second-hand wooden ice-box—but believe me it is like a gift from the gods to us at this time when the heat has turned the butter to oil and inability to keep a little bit of meat ahead has meant more frequent trips to town than I care for. But even an ice-box takes some getting used to. I forgot that ice when it melts makes water so that it wasn't long before there was a nice little pool on the cellar floor—the overflow from the drip pan which it never occurred to me should be emptied! We have Daughter to thank for this latest convenience. I happened to mention one day that I wished we had one and the next thing I knew she was phoning for me to get the transport driver to call and pick up an ice-box at a given address. I guess we are pretty lucky because, like a good many other things, they are rather scarce just now. Of course my family has to laugh at me about it—Daughter says I arrange my meals now around the ice-box and Partner says I shall soon wear myself out running up and down. Maybe, so—but it really is a treat to know I can go down cellar and bring up milk that is so cold that it makes the grandest drink one could possibly have on a hot day.

I must run to the barn—Partner is in with another load.

### FOOD ADVISORY COMMITTEES

PORT OF SPAIN (CP)—The government of Trinidad recently appointed food advisory committees to ensure equitable distribution of food-stuffs throughout the colony.

## Weekly War Commentary

BY H. L. JONES  
Canadian Press Staff Writer

There must be a lot of grief among members of the German high command these days and nights. Allied air armadas range overhead, unrelenting into open and troublesome revolt in many sectors of occupied Europe. United Nations' armies march forward on three fronts, raw materials—notably oil—grow scarcer, the determination of certain Axis satellites weakens.

And all the while, looming up over the shoulders of the men who are trying to plot Germany's war, is the shadow of the Germans who have been killed and captured in nearly 5 long and bloody years. Of all the factors which point toward Germany's doom, the number of casualties she has suffered is the most irrefragable.

When the great Russian offensive opened June 23 at Vitebsk, 60 per cent. of the German army was believed engaged on the eastern front. Although only a portion of those forces has been involved in the debacle in White Russia, the hard-driving Soviet armies threatening Wilno and Dvinsk may soon force the German high command to regroup its armies in the Baltic States—a hazardous undertaking with the Russians pressing on the front and flank and threatening main communication lines to the Reich.

South of the Pripet Marshes, German withdrawal from Kowel indicated the enemy doubts its ability to hold positions in south Poland for which he fought last winter.

Apparently a strong stand in this region has been intended, for the bulk of the German panzer divisions on the eastern front were grouped in south Poland awaiting the expected summer Soviet offensive, but when British, American and Canadian troops hit the beaches of Normandy June 6, nearly a whole panzer divi-

sion was transferred to France; and now the Russian drive aimed at the Baltic States is causing a further shift of German armed strength to bolster eastern defences in the north, it is reported.

### Eastern Defences Shaking

Speed and magnitude of Russian advances on the vast front to the east are shaking the whole structure of defence with which Germany had intended to employ on the one side while she concentrated on hitting back hard at invasion armies on the other.

Germany no longer has—if she ever had—sufficient manpower for a three-front war. Boys in their teens and old men are fighting in Normandy, Russia and Italy.

Germany must keep a large number of her dwindling forces in Russia to keep the Red forces in play without withdrawing too quickly in the "Defence-in-Depth" pattern. She cannot retreat as far as she could even a year ago.

Conversely, she must employ all the force that is available in Normandy, where General Montgomery is expected soon to launch his all-out invasion offensive.

Her forces in Italy have been cut to pieces although they still—aided by excellent terrain for defensive action—present stiff resistance to the advancing 5th and 8th armies.

But Germany is finding out that she cannot match the United Nations in war's greatest asset—manpower.

The sands are running out in Berchtesgaden and Berlin.

### Drive on Wilno

Russian troops in the centre of the long eastern front are driving forward steadily on a blazing 150-mile line and are closing in on the Nazi fortress of Wilno in north Poland. The Germans are said to have declared Wilno in a state of siege as the Russians roll forward northwest from Minsk in White Russia toward Lithuania.

The Germans are rushing up fresh men and armor to stop the Russian advance. It is reported that they have abandoned Baranowicz south of Wilno. The prospects of a strong German defence line on a 300-mile front

from Daugavpils through Wilno to Brest-Litovsk do not seem promising. British and Canadian forces launched a strong frontal assault at the week end against the defences of Caen on the eastern end of the Normandy invasion area. Towns two and three miles directly north of Caen, key German strong point had been captured. British tanks appeared to within 1,000 yards from the heart of the German-held town in a blistering attack and a British staff officer was quoted in a front line dispatch as saying "we are breaking through the German lines. The British and Canadian advance on Caen is going very satisfactorily."

Canadian troops at the week-end retained their hold on Carpiquet village and nearby airfield just east of Caen. The village, apex of a salient thrust into the German lines was taken July 4, and the Dominion soldiers held on despite vicious Nazi counter-attacks. Artillery and mortars back up the enemy at this hot spot and the Canadian position is extremely dangerous.

On the western side of the Normandy front American forces have driven the Nazis out of St. Jean de Daye, southeast of Carentan. Other American troops have by-passed the German anchor of La Haye de Puits on both sides after falling to storm it by frontal assault.

Allied forces in Italy engaged in increasingly furious combat as they pushed towards mountainous outposts of the German's formidable Gothic Line, strongest natural defence in Italy. Enemy soldiers are fighting hard to give engineers time to complete the defence line. In spite of heavy fighting the Allied front remained substantially unchanged from the west coast to the Adriatic at the week-end.

Prime Minister Churchill, speaking last week in the House of Commons, declared Nazi buzz-bomb attacks killed 2,752 persons and sent 8,000 people to hospitals in the last three weeks. Flying bombs killed more Britons in southern England than were killed in the first 15 days in the Battle of Normandy, he said.

(Continued on Page Five)

## INVASION MAKES MORE URGENT THE SAVING OF CIVILIAN GAS!

### A Message to Canadian Motorists

THE invasion of Europe has thrown a vast and critical burden upon the petroleum resources of the United Nations.

In the first eight days of the campaign alone Allied aircraft flew 56,000 sorties. Many thousands of oil-burning warships and landing barges are shuttling ceaselessly across the Channel. Tanks, trucks, jeeps, mobile artillery, ambulances, by the thousands, are in action.

The driving power behind all this activity is petroleum—gasoline and fuels drawn from a dwindling crude oil supply. But—there is only so much oil. If existing supplies are to prove adequate, the most stringent economy of gasoline and fuel oil must be practised here at home.

Canada is able to produce only 15% of her own gas and oil needs. The remainder must be imported from the common pool of the United Nations and the bulk of this is shipped here by tankers. Critical manpower is needed to produce our gasoline and oil. Precious lives and precious ships must be risked to deliver it to our shores.

Invasions, and the difficulties of supply and transportation are not our only problems. Right here in Canada gas and oil are needed in enormous quantities for vital war purposes. The Commonwealth Air Training Plan has consumed as much as 548,000 gallons in a single day. Canada's Navy—expanded since war began from 15 ships to 650—consumes over 2,150,000 gallons every week. Army training, war plant operation, food production, essential trucking—all are huge consumers of gasoline and petroleum products.

Gasoline is ammunition—ammunition of which we have all too little. To waste a gallon of it is a crime against our fighting men.

**ANSWERING Your Questions about the Gasoline Shortage**

How much gasoline was consumed during the 54 days of pre-invasion bombing? ... More than 200,000,000 gallons.

How much fuel oil does a battleship take in one refueling? ... Enough to heat an average house for 350 years.

How much fuel does one armoured division consume in every five miles of advance? ... 10,000 gallons.

How many gallons of petroleum products are required to supply the needs of 500,000 European invasion troops for a week? ... Over 23,000,000 gallons.

**LESS CIVILIAN GAS MEANS MORE "FIGHTING GAS" FOR THE FORCES**

An announcement issued by The Department of Munitions and Supply, Hon. W. L. Mackenzie King, Minister