

Of Interest to Women



THE MIXING BOWL

By ANN ALLAN
Saves Time Conserves

Hello Homemakers! We are really doing a thorough inspection job during canning operations. Safeguarding the food that is being stored in jars means rigid inspection of each step in home preserving. Vegetables require special attention.

If you did not can any of the vegetables at the beginning of the season you may want to store some of the second crop in sealers. Although acid vegetables such as pickled beets, red peppers and tomatoes are readily processed in boiling water bath, the non-acid vegetables should be done in a pressure cooker. However, if you have small jars with a perfect seal, success may be assured by the water bath method if every precaution is used.

Important canning rules for the safety of vegetables are:

1. To permit a perfect seal the jar rim and top must be smooth, even, no nicks, no imperfections.
2. Equipment—jars, measuring cup, knife, spoons, funnel, two large bowls, saucepan, processor or deep kettle, tea towels, brush and box of salt—should be assembled before the "canning bee."
3. Wash jars in rich suds and get them clean, using a good brush. Rinse the jars thoroughly.
4. Sterilize by placing a clean towel in the bottom of a pan and putting the jars on their sides with matched glass tops beside each one, cover with hot water and boil fifteen minutes. Leave in hot water until needed.
5. Thorough inspection of vegetables is necessary. Discard any old, blighted, bruised, or ones with decay.
6. Washed vegetables get a three-minute pre-cooking. This shrinks them and sets color. Have the water boiling. "Time the 'boil'."
7. Now hot vegetables go into hot jars. Allow one inch at the top of each jar when you can peas and corn. Use the cooking water to fill the jars. Add one teaspoon of salt to each pint jar. Wipe off the top of jar—one peaky bit will keep the jar from sealing.
8. Dip the rubber ring into hot water (having soaked them in a cup of warm water with a teaspoon of baking soda in it for five minutes or so) and place on jar. On with the lid. Screw band down tightly; then loosen (turn back one quarter inch.)
9. Carefully lower jars into hot water bath in a kettle with a wire rack in the bottom; add more hot water to cover two inches over the jars. Jars should be one inch apart. Cover the processor.
10. Count cooking time when the water actually begins to boil. Process corn 3 hours in water bath. Process sweet peppers 45 minutes. Process tomatoes 20 minutes.
11. When time is up, lift rack with jars from water. If no rack, dip some water and use a thick cloth to lift them out. Screw band tight. Cool jars away from draft, then turn upside down to test for leakage.

THE QUESTION BOX

In answer to many queries about preserving vegetables by salting, we give the following directions, stressing thorough cleanliness of vegetables, drying after washing with absorbent towels, the use of dairy salt and a cool storage place:

SALTING METHOD FOR GREEN BEANS, PEPPERS AND CAULIFLOWER

Vegetables such as green beans, peppers and cauliflowers that do not contain enough juice to form their own brine can be preserved by being covered with brine.

Wash, dry and weigh the vegetables. Cut green beans into inch lengths, separate cauliflower into flowerets, leave cucumbers and peppers whole. Pack the prepared vegetables loosely into stoner jar, leaving space for brine to cover them. Estimate the amount of brine you'll need to fill.

To make the brine, use 3 1/4 cups of salt to 6 quarts of water ("common" or "coarse" salt or dairy salt is better than fine table salt). Pour brine over vegetables, and cover jar with plate or pie plate right side up. Weight down as you do for kraut. Next day add 1 pound salt for every 10 pounds of vegetables used. (This is to bring the brine up to its original strength). At the end of the week, add 1/2 pound salt, and repeat the process every week until five weeks have been marked off on the calendar. Now your vegetables should be cured.

One thing to remember when adding salt is to place it on top of the plate so that it will dissolve slowly without sinking to the bottom. Salt should not touch the vegetables. Skim off the scum as it forms.

Clip the following method to de-salt

Chronicles of... Ginger Farm

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

A long distance call... and a voice I hadn't heard in twenty years said "Is that you, Gwen?" The voice belonged to another of Partner's brothers—one from away up north. Now he and his wife and daughter are staying with us for a few days.

It was milking time when their train was due so it was I who met them at the station. "Would I know them... would they know me... what shall we discover the years have done to all of us?" They were thoughts that ran through my mind as I waited. And then when the train pulled out I had no trouble at all in recognizing my in-laws—even after 20 years.

To-day we have been visiting places which Colin had known thirty-six years ago. You see, he and Partner both started farming in this district as boys. Later they went their separate ways but during the last war they were together again in France. Then again in Canada, each with his wife and young family. That was when they paid us a short visit so many long years ago.

Before our visitors arrived on Saturday Partner and I were talking about family ties, how brothers and sisters apparently drift apart, each with his or her separate life to live and their way to make in a competitive world. Each has his share of joy and disillusionment, his ups and downs bringing, in their wake tolerance, resignation or contentment. Then with our grown families who, in their turn are making their way in life, we get a yen for our own folk, to see them once again, to visit and to remind each other of half forgotten experiences. All this may be a sign that the years are creeping up on us but it's a very pleasant compensation for the passing of time, don't you think so, friends?

Of course, with all this coming and going, farming goes on as before. The grain that is ready is all cut and stacked, the remainder of the crop is ripening fast. The cows broke out this morning and Partner and his brother spent most of the morning fixing fences as a result. Now they are away for a load of hay. The pullets are beginning to sing, sure sign that they will soon fulfill their mission in life. The roosters are crowing lustily from dawn to dark—all that is, except those which have already gone the way of all good roosters. And the heat wave is definitely broken. We have much to be thankful for.

We had another visitor over the week-end—but perhaps I should say not a visitor, but a permanent guest. This was none other than a hen—and a clucking hen at that. She was brought here to save her from the stew-pot. Naturally with about three hundred other fowl running around one more hen more or less makes no difference. At least that's what I thought—but then I began to wonder. What would happen when I put her in the pen with our own birds—would they peck the life out of her, would I find her dead the next morning? There was only one way to find out so I deposited the hen very quietly and gently in a pen with thirty other hens. Did my old Biddies go for this stranger? They did not. She went for them. Yes sir, with ruffled feathers and fiery eye my lady guest was ready to take on any bird who was willing to fight. One or two made half-hearted feints at first but they are a peace loving flock and soon decided to let this interloper go her way. If she wanted to eat, they let her eat, if she had a mind to drink, she could drink, if she made belligerent passes at them, they looked at her disdainfully and walked away. So our permanent guest is still living—and still clucking.

PICTURE SALES BOOM

LONDON (CP)—The Royal Academy is enjoying a bigger boom in sales than at any time in the past thirty years. Prices range from \$10 for some etchings to \$5,000 for a picture by a well-known artist.

since you will not be using these vegetables for several months:

To freshen vegetables cured in brine, place them in a big-kettle, cover with cold water, and heat slowly to lukewarm, stirring frequently. Pour off water, and repeat process several times until vegetables are only slightly salty. Or, soak several hours in several waters, until they taste just right; then cook. The beans and cauliflower are seasoned and served as usual; green peppers are often stuffed and baked.

Perky Lovebird Is Fond of Rum

It's His Favorite Drink But He'll Eat Anything From Pickles To Fish

MOOSE JAW, Sask. (CP)—Meet Tim, the performing lovebird! Tim is in his glory when he's defying all the rules and regulations of his ilk. He likes to bathe himself and enjoys running around under a water tap, perched atop a drinking glass.

The one and one-half year old baby of Mr. and Mrs. Percy Guy of Moose Jaw, Tim had a complete bag of tricks by the time he was seven months.

There's no false modesty about this tiny bird. He likes to look at himself in the mirror and tries to flight and scold the image peering back at him.

Lovebirds, the feeding regulations say, should only be fed lovebird seed but Tim, unable to read the regulations, will eat everything from pickles to fish. But just to show he has a mind of his own, he won't touch anything he doesn't like.

Tim drinks water and ginger ale out of a glass, sometimes going right into the glass to get a beak-full, but he doesn't like the ginger ale to fizz in his face. And, despite rationing, his favorite drink is rum.

Mr. Guy says he finds a single lovebird is easier to train than a pair. "Two of them just neck all the time."

The Prices Board is advising retailers and others that, because of the paper container shortage, shipping cases should be opened carefully so that they may be re-used.

MINERAL NEEDS OF LIVESTOCK

By R. Leslie Eschle

Cows and young growing animals are specially susceptible to the effect of phosphorus deficiency in the diet and usually respond remarkably to mineral supplements containing a generous amount of this important element, with calcium, salt, iron, iodine, etc., added for all-round protection. Pigs fed largely on grain are less in need of supplementary phosphorus but require more calcium in their mineral supply, also more iron for prevention of anaemia, a common complaint of the young.

Fluorine in minute amount is essential but in excess may cause defective bones and teeth. In these times when scarcity of raw materials is experienced, it has been difficult to obtain sources of phosphorus sufficiently low in fluorine which occurs in all rock phosphates. A process has now been developed for the removal of excess fluorine and concentration of the phosphorus.

In most of our soils, low levels of phosphorus effect the quality of the crops grown thereon; hence the need for furnishing it in mineral supplements for livestock. Many trace elements essential to body growth and health are derived from the soil.

Zinc is one but is seldom found lacking. Copper is another which occasionally is in short supply, and sheep sometimes suffer from lack of it. Pinning or "wasting" disease of sheep is attributed to lack of cobalt. It is now believed that magnesium is important for teeth, which might indicate the desirability of dolomite limestone applications to pastures. But there is a danger in over-liming pastures. It may result in reducing the availability to certain useful trace elements.

DOMESTIC HELP

"And how," asked Papa, "do you know that the new help won't quit before August 10th?" "Because," came the reply, "she doesn't start until that day."

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"SALADA"
TEA

LONDONERS FOIL LUFTWAFFE



Picture made during German fire raids on London at the end of February, 1944. The London fire services again proved themselves masters of the situation. They tackled incendiary bombs with courage and efficiency so that many were quickly rendered harmless and fires started were prevented from spreading.



Wear it on YOUR arm!

Yes sir, I wear it on my arm and I'm proud of it. For, G.S. means General Service—on any fighting front anywhere in the world. It means that I want to go overseas.

Canada needs a lot of men like you and me. I know it's going to be tough, but the job has got to be done.

So, sign up as a volunteer for overseas service. Remember it takes months of thorough training to make you fighting fit.

Come on fellows—let's go!



WEAR IT ON YOUR ARM

VOLUNTEER TODAY

FOR CANADIAN ARMY

FOR OVERSEAS SERVICE