

Of Interest to Women



THE MIXING BOWL
by *Ann Allan*
HOME ECONOMIST

Hello, Homemakers! The adage: "It's not what you do but the way you do it," holds true for making jam during a time when fruit, sugar and time are so valuable. Every preserving season for the past ten years we have been advising homemakers how to make a good jellied product. If you have mislaid your clipping, drop us a request for hints on Jam Making.

This year we are pointing out the precautions in the use of pectin liquid and pectin crystals. Considering the results of last year's tests along with the instructions of a reliable manufacturer of this product, we have determined measurements to be of particular importance. This "sure-pure" jam is really not any more expensive than the old-fashioned boiling of a combination of fruits and sugar. Another reason for using the commercial pectin method is the poorer quality of fruits this year. Also remember—the only fruits which possess properties for jelling without the addition of another fruit to balance sour apples, currants, gooseberries, grapes and tart plums.

HOW TO MAKE JAM WITH PECTIN CRYSTALS

1. Select fully ripened fruit of good flavour and colour, and prepare exactly as directed.
 2. Wash, scald and drain glasses and covers. Melt paraffin in a small pot over hot water.
 3. Measure sugar into a dry dish to be added later. Measure prepared fruit into a 5 or 6 quart kettle. If there is a slight shortage of prepared fruit, fill last cup or fraction of cup with water. Use same standard 8 oz. measuring cup level full, for both sugar and fruit.
 4. Place kettle containing measured fruit on large electric element turned high. Add commercial pectin crystals, mix well and bring to a boil, stirring constantly with wooden spoon. As soon as mixture boils hard pour in sugar, stirring constantly. Continue stirring and bring to a full rolling boil, then boil 1 minute by the clock. A full rolling boil is a tumbling, steaming boil that cannot be stirred down.
 5. Remove from stove, skim rapidly with metal spoon and ladle out immediately. Leave 1/2 inch space at top of each jar. Cover jam at once with 1/2 inch melted wax. When cool, cover with more wax or tin covers. Store in a cool, dry place.
- Note: Do not double recipes. Do not vary ingredients or method of preparing fruit. Boil exactly one minute. Do not use any commercial pectin to try to remedy a jam or jelly mix which does not jelly.
- When the recipe specifies simmering time, bring mix to boil, reduce heat, cover and simmer. (On large electric closed element turn to off).

RASPBERRY JAM (10 glasses)

2 quarts raspberries, 6 cups or 2 lbs. 10-oz. sugar, 1 box pectin crystals.

Crush thoroughly or grind fully ripe red or black raspberries. Part of pulp may be sieved if fruit is too seedy. Measure crushed fruit with standard cup to make 4 1/2 cups, adding water to make full amount if necessary. Put in a large kettle and bring to boil; add exact amount of sugar. Add pectin crystals and stir constantly. Keep boiling 1 minute. Then bottle, cool and seal.

RED CURRANT JAM (13 glasses)

3 lbs. or 2 qts. red currants, 3 lbs. or 7 cups sugar, 1 box pectin crystals.

Crush thoroughly. Sieve one-half of pulp if desired. Measure fruit. There should be 6 cups or 3 lbs. If not exact amount, make up by addition of water. Process according to general directions for pectin jams.

BLUEBERRY AND GOOSEBERRY JAM (10 jars)

1 lb. of blueberries, 1 lb. of gooseberries, 1 box pectin crystals, 5 cups or 2 1/2 lbs. sugar.

Crush fully ripe blueberries and gooseberries. Combine fruits. There should be 4 1/2 cups or 2 1/4 lbs. prepared fruit. Make jam according to above directions using commercial pectin.

GOOSEBERRY JAM (12 glasses)

2 quarts gooseberries, 7 cups or 3 lbs. of sugar, 1 box pectin crystals.

Crush thoroughly and make sure of 5 cups or 2 1/2 lbs. of prepared fruit. Make up any fraction of amount required by adding water. Follow the explicit directions for using commercial pectin.

Mrs. S. T. asks: How do you top jam with paraffin wax to prevent a crack between jar and wax?
Answer: Leave jam until partially cool, then pour on a thin film of mel-

ted wax (having melted it in a can over hot water). Store the jam in a cool, dark place for a day and then cover with a thicker layer of wax.

- TAKE A TIP**
1. A food chopper is convenient for crushing fruit.
 2. Use new paraffin; old paraffin often causes spoilage.
 3. If sugar is weighed, weigh fruit also.
 4. Add 1/4 tsp. butter to reduce foaming at time of adding sugar.
 5. Use metal spoon to skim jam rapidly.

Experts Give Insect Killer Rigorous Test

Scientists Seek to Learn Effect of DDT on Fish, Birds and Other Wild Life—Extensive Experiments

WASHINGTON (CP)—DDT, the war-developed insecticide, is undergoing a rigorous trial this summer by scientists seeking to determine whether large-scale use will prove a boon or a menace.

The laboratory men want to learn the effects of spraying DDT from aircraft over forest, field and stream.

It's already known that it can kill a greater variety of insects than any other insecticide known to man. It's been successfully employed against a host of pests which beset man, beast and plant, thus offering wide possibilities for its use in agriculture, preventive medicine, forest conservation and the protection of recreational areas.

But tests also have shown that DDT also can be injurious to many beneficial insects, such as honey bees, as well as to forest parasites and other natural enemies which help to keep other insects under control.

So the scientists want to determine from large-scale tests the effects of the insecticide on these beneficial insects and on fish, birds and other wildlife.

Extensive experiments in aircraft spraying of woodland areas are being conducted this summer by co-operating Federal and state agencies in Pennsylvania, Maryland and Nebraska.

The agencies taking part are the Bureau of Entomology and Plant Quarantine and the Forest Service of the U. S. Department of Agriculture; the Fish and Wildlife Service of the U. S. Department of the Interior; the Pennsylvania Bureau of Plant Industry; and the New York Conservation Commission, co-operating in both the Pennsylvania and Maryland experiments.

Must Await Tests

Until the tests are completed, says Dr. P. N. Annand, chief of the Bureau of Entomology and Plant Quarantine, DDT can not be recommended for large-scale use by aircraft spraying for control of forest pests.

"The large-scale use of DDT against forest pests might upset the balance of nature," declares a statement by experts of the Department of Agriculture.

"This might result in depriving woodland recreational areas of birds and fish. It might cause more harmful forest pests to be prevalent, killing or weakening more trees than is caused by common forest insect pests now held in check by natural enemies. Finally, it might affect food production by killing honeybees and other insects which pollinate some 50 important crops."

The investigators will seek to determine whether birds, reptiles, mammals and other wildlife are injured from feeding on insects poisoned with DDT, by eating foliage covered with the spray residue or by being deprived of food through extermination of insects.

Before areas are sprayed, sample counts of the extent of insect and wildlife in the sections are taken. Throughout the summer, further "census-taking" will be made periodically.

Certain areas will be left unsprayed to serve as "control areas" for comparison.

HOTEL SHORTAGE ACUTE IN LONDON

LONDON (CP)—Shortage of hotel accommodation in London is more acute this summer than at any time during the war. Some hotels are fully booked for several months.

Thousands of servicemen on leave, repatriated prisoners of war, and civilians visiting the capital now that bombing has ended are crowding every available sleeping space and officials of the Hotel and Restaurants Association say the present position likely will continue for some time.

CAMP INTO DORMITORY

PRINCE RUPERT, B.C. (CP)—Suggestion that army camp buildings in central British Columbia be used as dormitories for high school students from rural areas was endorsed by Training School Associates' convention here.

Chronicles of... Ginger Farm

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

What a lot of difference it makes on a farm when there is sufficient and efficient help.

With Bob and young John both working like Trojans we were really able to get somewhere with the haying last week. Given a few more dry days and all our first cutting of hay will be safely stowed away in the barn. Partner has been helping too, colling most of the time. Son and I have both been urging him to take it easy. He pays some attention to us for awhile and then first thing we know he is back in the field again.

I expect Bob will think he has chosen a good time to come home as there seems no end to the jobs he can find to do. And I have no doubt that that state of affairs exists on a good many farms these days—that is, an accumulation of odd jobs. There are two factors that contribute greatly towards any farm getting into a rundown condition: lack of help and lack of capital. And of course the former is often dependent upon the latter.

Just imagine, with all this haying I haven't had to drive the horses on the hayfork once. And believe me, that has been a great relief to this woman. You might think after all the years I've been at it that I would be used to it by now, yet the fact remains it bothers me more instead of less with every passing year. Just old age creeping on, I suppose.

Next week it looks as if the wheat will be ready to cut, and next week we also hope to have our first picking of peas from the garden. Yes, they're a little late, but better late than never. You remember we had some rain in the spring that prevented folks getting their gardens in early. However, we mustn't count our peas before they are picked because there is just a chance some visiting pigs may clean up on them first in which case I shall feel like cleaning up on the pigs.

One morning last week Son and I made a hurried trip to the city. We were back home again in time for dinner. We both had shopping to do but for all we were able to get we might just as well have stayed at home. For the life of me I can't see why there shouldn't be less of the non-essential garments made and a few more of those that go next to the skin. And I also fail to see why a certain amount of synthetic rubber shouldn't be reserved for men's, women's and children's undergarments. I wonder if it would be possible to make an appeal to the powers that be, and if so, whether it would have any effect.

But we were on a trip to the city and we travelled along the highway and as I didn't have to drive I had plenty of time for observation. And my observations were anything but encouraging. We passed acres of orchard land and never on any life have I seen less fruit in all my trees. It just wasn't there. Only in one orchard did I see any cherries, and very few at that. Apples, pears, plums and peaches were practically non-existent. Here's hoping this fruit famine is not quite so bad in the Niagara Peninsula at least we have been told that a fifty per cent. peach crop is expected.

As for wild raspberries show me a patch where there are some and I'll be there with a milk pail in either hand. The most we can hope for around here is a few blackcaps. And of course, they won't even be a good crop of honey to fall back on.

And then our son comes home from Europe and in response to a few inquiries as to what he would like to eat he replies "Well, I can tell you Mom, you needn't be afraid of giving me too many fruits and vegetables." He also asked if he could have some bacon for breakfast. But he has learnt a thing or two since that second day home, especially since he went shopping for himself.

Isn't it a strange thing that there should be a shortage of so many things when an abundance is so greatly needed? One wonders if it is part of the Master Plan. Fruit famine, drought and flood conditions are beyond man's control, yet they exist to a greater degree this year than most of us have ever known. Even the sugar crop is a partial failure.

Surely the picture as a whole is one to which we should give considerable thought—and by thought I don't mean a series of complaints. We suffered little material inconvenience during the European war and if our turn is coming now to suffer a little hardship it is surely up to us to make the best of it and prove that we, too, can take it on the chin.

Common Cold Affects More Women than Men

Survey Shows Consistently More Colds Among Office Workers than Among Factory Workers

The common cold affects more women than men, and hits office employees much harder than it does factory workers, according to a two-year study conducted by Joseph H. Kler, M.D., of New Brunswick, N.J.

Dr. Kler's report, appearing in a recent issue of Archives of Otolaryngology, published by the American Medical Association, covers basic and detailed facts about the occurrence of the common cold in industry which, he said, is responsible for more than one-third of the total number of days lost in American factories.

The study among other things disclosed that:

There is a definite pattern to the incidence of colds, with the highest peak in December and the lowest in July.

There is a definite correlation between temperature and the onset of colds, every sudden drop in temperature being followed in a day or two by a rise in the number of colds.

The highest incidence of colds was found in the age group 20 to 29 years and the lowest in the age group above 50 years. However, the percentage of time-losing colds increased with age.

There were more colds among women than among men.

There were consistently more colds among office workers than among factory workers.

There were fewer colds in air conditioned plants, with the incidence of colds highest in drafty places.

More colds start on Monday than on any other day of the week, this being especially true of colds among men.

Forture is an important factor, with the incidence and severity of colds lowest among those whose work necessitates walking about most of the time.

Smoking apparently has little effect on colds.

MOST PRICE CONTROL FINES BETWEEN \$25-\$100

A recent tabulation of fines for violations of price control regulations showed that two out of every three fines ranged between \$25 and \$100. In this bracket fell almost 62% of the fines.

But the larger fines were quite important in the scale too. 21% of the fines handed out across the country were over \$100.

Smallest group was the fines beneath \$25. Only 14% of the total number of fines were represented in this group.

Looks as if price control fines are fairly substantial. . . it pays to keep away from the black market.

TROUSER KLEPTOMANIAC

HAMILTON, Ont. (CP)—This city has a thief whose specialty is trousers. On six recent occasions residents have lost their trousers to the house-breaker who steals them while their owners sleep.

Old Whalers Ensure Allies' Oil Supply

DURBAN, South Africa (CP) It now has been revealed that for five years Durban's skeleton whaling fleet, always subject to enemy attack, has ensured that supplies of essential oil have been available to the Allies. At the outbreak of war most of the whale catchers were taken over for conversion to mine sweepers and patrol vessels. Five of the oldest and least suitable were left to carry on whaling operations based on Durban. Apart from enemy dangers these whale catchers operated without lighthouse guidance, and under many other difficulties.

About 14,000 tons of whale oil were

obtained from whales caught off the Natal coast. Almost all of this has been processed in the Union. About 8,000 tons of sperm oil brought in was shipped overseas. In addition nearly 12,000 tons of whale guano was dealt with at the Durban whale factories.

A Capetown firm is heading its post war program with an order to Britain for a 30,000-ton whale factory ship. It will be the biggest of its kind afloat. This will replace the firm's 18,000-ton Tafelberg, lost during the war.

Whale factory ships will have plenty of prey when the catchers follow the mother ships to the Ross Sea again. The great blue whales have had a good chance to breed during the war with Norwegian, South African and Japanese whalers otherwise engaged.

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WARNING!
to all persons planning to move to

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No person may move to and rent or occupy family quarters in any of these congested areas without a permit from the Administrator of Emergency Shelter.

Before making arrangements to vacate your present home, be sure that you have other accommodation and a permit to occupy it. Applications for permits should be addressed to the Administrator of Emergency Shelter in the area to which you plan to move.

Every person who rents or occupies family quarters in any of these districts contrary to the order, commits an offence and, in addition to other penalties, will be required to vacate the shelter and the district at his own expense.

(Issued under the authority of the Emergency Shelter Regulations, Order-in-Council P.C. 9430, December 10, 1944.)

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