

Of Interest to Women



Hello, Hom-makers! A month ago we admired the orderly, neat and tidy appearance of our victory garden after we had worked down each row in turn, taking out weeds and carefully mulching the earth. Now we approach canning with a similar system, orderliness and motion-saving attack. We decide on the process, read the instructions, check equipment and start early in the morning completing the procedure without delay.

Vegetables—especially string beans, corn, peas and beets—requires processing in a pressure cooker to guarantee successful canned products. If you have a pressure cooker, kindly share it. Be clever in your use of equipment. Use keen-edged knives, scalded utensils and lots of water.

METHODS FOR CANNING VEGETABLES

1. In buying war-grade rubber rings, buy according to the 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 tops and let stand about one minute.

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

3. Sterilization of the 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, half fill each jar with clear water, place glass tops in position and stand jars in boiler or large kettle. Add spoons, knife bowls and funnel. Bring water to boil 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 in the meantime keep them in a cool place as bacteria begin to grow in a warm kitchen. (b) Sort according to size, discarding over-ripe, bruised or blighted ones. (c) Washing cannot be stressed enough—wash pods or vegetables thoroughly in two or three waters. Then peel, stem or trim and wash again. Lift out instead of draining and put in scalded bowl. Don't handle too much 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 tin plate; put rubber ring on, insert funnel and have scalded utensils ready. (Keep utensils on plate.) Work quickly, pack fairly loosely to allow for expansion. Fill to within 1/2 inch of top or 1 inch if canning peas or corn. Pour hot liquid, in which they were pre-cooked up to brim; slide sterilized knife down in jar to let out air, add 1/2 top of 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. Pre-soaking by hot water bath. Set filled jars on rack in wash boiler, large preserving kettle or galvanized iron pail. 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 a level two inches above the top of the jars. Count the time of sterilization from the time the water boils. Keep water boiling. Have hot water ready to add to keep sealers covered if they become uncovered there may be seepage from the jars.

TIME CHART

BEANS pre-cook 3 mins. and water bath 1 1/2 hrs.
BEETS (whole) pre-cook 15 mins. and water bath 3 hrs.
CORN pre-cook 1 min. and water bath 1 hr.
SPINACH steam 5 mins. and water bath 3 hrs.
PEAS pre-cook 3 mins. and water bath 3 hrs.

8. Remove jars as soon as cooking time is up to avoid over-processing. Place jars, several inches apart, on table to cool. Do not turn upside down.

Frequently during the first 15 minutes after removal, listen to the sealers. Imperfect seals may be detected by a slight hissing sound, or by a collection of small bubbles at the rim. If this occurs, have sterilized knife and glass top within reach, open jar, remove any food particles on rubber or on edge of glass, re-seat glass top, adjust screw top without adding liquid.

USE TOMATO JUICE TO CAN NON-ACID VEGETABLES

Even experienced homemakers have had some spoilage with peas, corn and string beans. These vegetables are difficult to home can (without a pressure cooker) because they are non-acid. We can now recommend the following procedure to add acidity. Wash string beans, string and tail, wash and cut in uniform sizes. Put into kettle cover with water and boil three minutes. Pack to within 1 inch of top, fill jar half full of canned tomatoes, then fill to top with liquid used in pre-cooking. Process in water bath for 1 1/2 hours. Remove, test and cool. Peas and tomatoes: 1 1/2 hours. Corn and tomatoes: 45 minutes.

BROADBILL FISHING BACK

LOUISBURG, N.S. (CP) Broadbill sport fishing returned to this town for the first time since the outbreak of war. It was reintroduced by Michael Lerner of New York. An internationally-known sportsman, Lerner pioneered rod and reel broadbill fishing in the waters off this port in 1936. His success has since attracted a large number of American sportsmen.

Chronicles of... Ginger Farm

Written Specially for The Agton Free Press by GWENIDOLINE F. CLARKE

Another week gone and with it a sense of satisfaction for work accomplished. We have finished haying. The wheat is cut and stacked. It doesn't take longer to describe our joy at seeing the barn well stocked with hay and the wheat in stacks. You people on farms know what an anxious few weeks we put in from the day the grain starts heading out to the time it is ready to cut. Every time it thunders or the sky looks overcast there comes that dread that a bad storm may blow up to flatten the crops, making them difficult or even impossible to cut.

Cutting the wheat was quite an interesting event at Ginger Farm this year. You see we did something that hadn't been done on this farm before. We had the binder hitched to the tractor and cut the wheat down that way. Of course that was son Bob's little do. He fixed up the binder, made a short tongue for it and was soon away, with young John bounding up and down on the seat of the binder, where he was supposedly watching for anything that might go wrong with operations. The wheat was very heavy and there were plenty of stops but the only breakage was a slit on the reel, so we thought we were pretty lucky on the whole. Partner of course, was also out in the field, stocking a bit and lending a hand whenever the sheaves bumped up and gave trouble. Out of curiosity I went around the field once on the tractor. Once was enough. It wasn't any joy ride. I might also add that the wheat wasn't cut without me getting my own particular job handed out to me. Patching binder canvas! Oh oh. It is things like that that make me wonder why I ever married a farmer. Binder canvas and grain bags. To mend either is a guarantee that I will be in bad humour at least as long as the job lasts.

However it is all over now—the wheat is cut and we can take a breathing spell. Not to do nothing, of course, but to catch up with some of the odd jobs that haying and harvesting have pushed to one side. But wouldn't it be nice to take a holiday? Just imagine having a notice in the paper "Ginger Farm will be closed for one week from August 1 to August 8." If only the cows could milk themselves and the chickens hunt their own food and find their own water. And the eggs what would happen to the eggs in the hen-pen if there was no one around to pick them up several times a day. Yes, it is possible to shut up a store, a factory or an office but a farm never. At least not a farm with livestock on it depending on the owners for daily care.

But I was talking about odd jobs— one of them is experiment with DDT insecticide. I can tell you we didn't waste any time in ordering a supply once we knew it was on the market for we are sick to death of associating with flies. We surely hope DDT will live up to its wonderful reputation. As far as I can see its one disadvantage is in its poisonous quality which makes it unsafe for household use. However, there is one safe way of using it around the house. It can be sprayed around the outside of the window frames, being careful to shut the windows first and to wear gloves for the job. It certainly discourages flies from making a rendezvous of your windows and from them eventually gaining access to your rooms. Fly screen notwithstanding.

Of course we really bought it for barn use, but Partner has not yet had a chance to try it out. Give the jars are cleaned up and factories back to peacetime production what a time we shall have with all the new inventions that will be on the market. So many discoveries have been made during these years of war, even to think of them makes one dizzy. Improvements in heating, lighting and refrigeration. Kindling in capsule form. Rabus without static plastic automobiles. Koroseal that can be put to about a dozen uses around the home. Doors that open by the electronic system. Inter-store helicopter service. And yet, I suppose, with all the advantages of modern science we shall still have in our midst people who have no work at all.

Science has never yet succeeded in changing human nature.

One of the most highly publicized bits of Fascist propaganda was the reclamation of the Pontine marshes in Italy, yet Britain reclaimed more land in three years of war than Fascism achieved in 13 years of peace.

Elevator Points Do Big Business

Pinkie and Other "Spots on the Road" Mean Money to the Prairie Farmers

REGINA (CP) The Saskatchewan people refer to it jestingly, but Pinkie which is just a "wide spot on the road," plays a big part in the economy of the province.

You can't buy a train ticket to Saskia, the trains don't stop there. It's neither a flag station nor a siding. Pinkie is not far west of Regina on the main line of the Canadian Pacific Railway. If you were to walk out there you'd find a grain elevator, the agent, Bob Currie, a grain car or two and a few grain doors.

In the fall you might find one of the 20 farmers there who patronize the elevator, or perhaps meet a section man. Bob Currie might let you ride out with him in his car, because he drives out from Regina, where he lives, every day. Or, given proper authority the railway section men might let you ride on the jigger, because they live in the city.

The maps do not show it, but in the aggregate, the business transacted there and at similar "Pinkies" all over the province account for a good share of Saskatchewan's grain receipts.

On an average the 20 farmers in the Pinkie district ship about 152,000 bushels of grain in a season, and at \$1.08 a bushel the money going through the elevator would amount to \$165,000.

Operating Since 1922

No one seems to know the origin of Pinkie's queer name, but its elevator has been operating since 1922, when farmers requested it be built so that they wouldn't have to haul their grain too far. In the pre-Pinkie days they sold their grain in Regina or in one of the nearby towns. Now that the elevator is there they are saved a good deal of time and money.

Mr. Currie has been elevator agent for four years. His wife and two daughters live in Regina and he has two sons in the army. In the winter, when roads are out of use, he rides to work with the section men on the jigger.

He came to Canada from Glasgow in 1909 and homesteaded west of Biggar, Sask. Then he farmed at Leacock, and though he's a true Scot he doesn't care to go back to his native land to live. Once, while visiting Scotland, he felt the call of the prairies before he had finished his stay. "There's something on the prairies that makes you feel free," he says. "Maybe it's wide open places like Pinkie."

Vitamins Go To The Dogs

Successful Nutrition Tests Made at U. S. University

DURHAM, N.C. (CP) Dogs flat on the floors of their kennels with paralysis have been up and running around 24 hours later as a result of taking vitamins in a nutrition experiment at the Duke University School of Medicine.

Furthermore the animals took two to eight months to get the paralysis that was cured in a single day. The experiment indicates the desirability of relying as much as possible on vitamins in food rather than those in bottles.

The paralysis cases were reported to the American Chemical Society by Dr. Susan Gower Smith, associate in medicine at Duke. The paralysis was due to a faulty diet, in which the dogs received nutrition at nearly perfect as present knowledge permits, with the exception of part of the B vitamins.

Missing were biotin, folic acid and xanthopterin. Very little is known about the effects of these three, except that biotin is probably the most potent vitamin yet identified, and shows its lack in skin troubles.

Tried on Puppies

The experiments were tried on puppies. Adult dogs occasionally show similar paralysis without any known nutrition deficiency to account for the attacks. The paralysis is fatal if not treated.

Brewer's yeast extract cured the dogs in a day. But the vitamin biotin injected under the skin, was much faster. The animals lifted their heads in six hours and in 12 were usually able to stand and walk.

After three days' recovery the dogs remained fit, apparently good health when given the B vitamins, and this means that the paralysis is due to faulty nutrition. The nature of the paralysis is not clear. It is not due to destruction of nerves, for if it had been, such rapid recovery would not have been possible.

Dr. Smith said that although the results indicate that the paralysis was due to lack of biotin, it is possible that other nutritional factors may also be involved.

JACK-OF-ALL-TRADES

REGINA (CP)—A versatile applicant who wrote to Provincial Treasurer C. M. Fines of Saskatchewan asking for a job, listed a few suggestions. The suggestions ranged from "a place in-one of your liquor stores" to a position as "Indian Chief" of a reservation.

DUAL RESPONSIBILITY

A Canadian of high military rank with a broad peacetime political background recently returned to Canada from Germany with a sharp mental picture of the difference between the average Canadian and the average German in his outlook toward those who enter political life.

Briefly he found the Germans all too ready to exult and bow down before those in political power, be they German or Allied. Equally, he found himself back amid people who, with a federal election campaign swirling about them, were frequently cynical and sceptical of the methods and motives of those democratically seeking office.

Somewhere between the two there must be a more solid medium. Of the two evils, the average Canadian is certainly the lesser. But any examination of the basis of this scepticism must divulge a certain weakness somewhere in the Canadian democratic pattern.

The blame, it would seem, rests upon twin responsibilities.

That the parties have failed fully to impress upon the people their honesty of purpose, their intention to govern for the benefit of all appears obvious in the face of such scepticism.

That the people of Canada have not achieved full political maturity, that they have not a proper appreciation of their responsibilities in a modern free state is borne in on one who, like this Canadian of military and political background, returns to his country after an absence that lets him see it in new perspective.

To anyone who has seen, say, the watchdog attitude of the British electorate, the dismal ineptitude of the mass of Italians, the fiery purpose of liberated Greeks, the monochromatic acceptance by Canadians of the privileges of democracy is at once strange and dangerous. Now, more than ever before, is the time for awakening to the fact that Canadians share one of the few solid strongholds of liberty. But with this privilege goes heavy responsibility.

ANOTHER SCOUT SAVES A LIFE

Fifteen year old Bud Perry, Nanaimo, Ontario, Boy Scout is credited with saving the life of 11 year old Lillie Harvey when he got into difficulties while swimming in the Nanaimo River. Perry dived to the rescue and brought the unconscious boy from the bottom of the river. Bringing him ashore he applied artificial respiration which he had learned in the Scouts. Dr. D. R. Hall who took over the respiration on his arrival stated that but for Perry's prompt action that Harvey would have lost his life.

NO FAMILY ALLOWANCE NEEDED

Large families are in order—among Ruffed Grouse, that super game bird known to most sportsmen as "partidge." The present period represents a low ebb in their population as a whole across Canada. Periodically and almost mysteriously, their ranks are decimated. On the average, about every ten years Ruffed Grouse die off probably as a result of communicable disease. Then slowly their numbers increase again.

Ornithologists of the Royal Ontario Museum who have followed this strange phenomenon now suspect that in some way nature comes to the rescue when Ruffed Grouse are dangerously scarce. The last two years represent in general a period of grouse scarcity. During this period the number of eggs, in fourteen nests examined, ranged from ten to fifteen. The average number of eggs, thirteen, is two higher than the all-time average for the species. If these facts hold true on a wide scale then they help explain the grouse's comeback. But truth is hard to establish and the way of science takes time.

Preserve MORE PICKLES

—but don't risk wasting precious food and sugar by spoilage through the use of inferior vinegar. Use Canada Vinegar—the vinegar your Mother used—always uniform high quality and strength.

It has been the leader in Ontario for over 80 years. On sale at all grocers. Send for FREE Pickling Recipe Booklet to Canada Vinegars Limited, 112 Duke Street, Toronto.

CANADA Vinegars

Pasteurized

Delicious and Refreshing

"SALADA" ICED TEA

YOUR HELP IS NEEDED NOW...IF WE ARE TO SAVE OUR LATE FRUITS AND VEGETABLES

Thousands of Tons are Ready for Harvest Will You Lend a Hand?

Food is precious, let's not waste it through lack of help! Now in addition to our own needs, we must also help feed the millions of starving people in liberated Europe. This is a tremendous task, but it can be done. IF—we all do our share. This is the last harvesting emergency we are liable to meet this year, so let's all pitch in and do a real job! Help will be needed from August 20th through to October 20th.

Fill in coupon below and mail TODAY!

FREE TRANSPORTATION

For four weeks, transportation will be paid one way. For full season (August 20th to October 20th) transportation will be paid both ways.

● MEN—Every possible man-hour MUST be put in. The need is desperate. Volunteer your services TODAY!

● WOMEN—Every available hand can be used. Fill in the coupon and mail TODAY!

● BOYS AND GIRLS—Thousands are needed. Any High School student willing to work on a farm has permission and is requested by the Minister of Education to remain out of school for the month of September.

CLIP and MAIL THIS COUPON TODAY!

ONTARIO FARM SERVICE FORCE, Parliament Buildings, Toronto.

I am interested in helping with the late harvest. Please send me further information.

NAME _____ ADDRESS _____ PHONE _____

AGE _____ POST OFFICE _____ I WILL BE AVAILABLE FROM _____ (Date) TO _____ (Date)

NEAREST RAILWAY STATION _____ NEAREST BUS STOP _____

Accommodation is in some cases provided by the Y.W.C.A. or Y.M.C.A.—but you must bring sheets and blankets.

DOMINION-PROVINCIAL COMMITTEE ON FARM LABOUR AGRICULTURE - LABOUR - EDUCATION

Capture of Meiktila



Lightning drive in southern Mandalay area. Fourteenth Army mechanized forces swept 70 miles eastwards from their Irrawaddy bridgehead in a spectacular Blitzkrieg assisted by airborne forces, and by means of surprise which was a feature of the operation. Eight airstrips, which had been kept from full Japanese exploitation for some time by continual air harassing, were taken and put into immediate service for the Allied forces, who have now smashed the entire Japanese 15th Army on Burma. Photo shows: Attack on Kaing by tanks during 14th Army's spectacular drive to Meiktila.