

# Of Interest to Women



**Hello Homemakers!** Waste not—want not! Come next winter you will be glad you stocked up on canned foods for the family! Tomatoes, rich in food value, are the easiest of all vegetables to can at home. But here are some precautions to take to prevent any spoilage whatsoever.

Look over the tomatoes carefully. One bad spot can spoil a whole batch when canned. Use only the finest tomatoes, freshly picked. Soft tomatoes not firm enough to can make excellent chili sauce or chutney.

Use thoroughly clean jars—scrub with soapy water, rinse and boil for 12 mins. Fill to top with blanched tomatoes. Wipe each jar rim with a clean, damp cloth. One speck of food may let in air and spoil the tomatoes.

Process quarts of tomatoes in a pre-heated electric oven of 300 degs. for 15 mins.; or submerge jars in a deep kettle of boiling water for 10 mins.

Place jars, top side up and well apart, on a folded cloth to cool. Prevent a draft across the jars which may crack them.

### GENERAL DON'TS

Wilted, over ripe or partly spoiled food is dangerous to can. Food spoils if left partially prepared. Corn, peas and greens should not be packed tightly. Fill jar within an inch of top and then pour in the pre-cooking liquid to the brim. Follow time tables to the minute for successful canning. You may break the seal if you cool the jars by placing them on the rim. Pressure canning is recommended for processing non-acid vegetables such as peas, beans and corn.

### DIRECTIONS FOR PRESSURE CANNING

1. Use fresh vegetables. Clean thoroughly. Prepare for table servings. Cover vegetables with water and bring to boiling point. Put the product into jars to within half inch of the top. Add half tsp. salt to each quart. Push the blade of a knife down the inside of jar to remove air bubbles. Fill to top with hot liquid. Make sure there are no particles of food on the rim and put lid on as you fill each jar. Screw band tightly, then loosen about half inch.
2. Clean the openings on the pressure cooker lid, which is never immersed in water with a tooth pick or awker.
3. Place filled containers in the utensil, allowing an inch of space around each.
4. Pour warm water to depth of about one inch. Adjust lid of cooker and fasten securely.
5. Open petcock and keep open until steam escapes with an audible sound. This takes from 5 to 10 minutes.
6. Close petcock and allow pressure to rise slowly until gauge registers the desired point. Keep heat constant to avoid change of pressure. Time the cooking from the minute the gauge records the desired pressure.
7. At the end of necessary period, remove the cooker from the stove and allow pressure to drop gradually to zero. Sudden cooling may crack the jars or cause loss of liquid.
8. After the gauge has registered zero for 2 or 3 minutes, gradually open the petcock. Close immediately if there is a hissing sound and leave for extra 2 minutes.
9. Tilt the lid away from your face and remove the sealers to cool on a pad of newspapers.
10. With tin cans, remove cans immediately and plunge into cold water to cool quickly.

### TIME TABLE

- STRING BEANS**—Prepare. Heat to boiling with water to cover. Pack hot into containers.
- Process quart jars 30 minutes at 10 lbs. pressure. Process No. 2 tins 25 minutes at 10 lbs. pressure.
- CARROTS**—Scrape, quarter and pack into containers. Fill with hot water, add salt.
- Process quarts 30 minutes at 10 lbs. pressure. Process No. 2 tins 25 minutes at 10 lbs. pressure.
- CORN**—Cut off without pre-cooking. Add half as much boiling water as corn by weight, heat to boiling and pack hot into containers.
- Process quarts 65 minutes at 15 lbs. pressure. Process No. 2 tins 50 minutes at 15 lbs. pressure.
- PEAS**—Use only tender green peas. Bring to boiling point in water to cover and pack hot into containers.
- Process quarts 45 minutes at 10 lbs. pressure. Process No. 2 tins 40 minutes at 10 lbs. pressure.
- PUMPKIN, SQUASH**—Cut into cubes. Add small quantity of water and bring to boil. Stir while heating through. Pack into hot containers. Add small quantity of water and bring to boil. Stir while heating through. Pack into hot containers.
- Process quarts 70 minutes at 15 lbs. pressure. Process No. 2 tins 65 minutes at 15 lbs. pressure.
- GREENS**—Steam or heat in a

covered kettle until completely wilted using just enough water to prevent burning. Pack hot into container and not too solidly with liquid over food.

Process quarts 60 minutes at 15 lbs. pressure. Process No. 2 tins 60 minutes at 15 lbs. pressure.

NOTE—Flat jars require 5 minutes less processing than quarts.

## Gadgets Galore To Make Kitchen Cause for Pride

### Designers Plan Equipment To Make Conditions More Livable and Cozy

NEW YORK (CP) Mrs. Housewife weathered the household appliance shortage during the war because she had been promised Utopia by equipment designers who virtually guaranteed that they would take her out of the kitchen, away from the hot stove and the distasteful task of washing dishes.

Now they're trying to find ways to keep her in the kitchen but make her happy.

Sure she'll have some of those push buttons they promised, but they won't operate from switches connected to her bed, the baby's nursery or the sun porch. She'll still have to supervise her household chores and be baggy on the spot. But the trick is the kitchen will be more livable and cozy than the parlor.

Exotic colors such as fuchsia pink, jade green and powder blue are being used in kitchens to tempt mom. And it should all be very delightful if exhibits shown recently by appliance companies at a show in Los Angeles are any indication.

The modern kitchen will have a press-button dish washer, with a press button water softener, cooking range, washing and ironing machines, refrigerators with freezing compartments for frozen foods, vegetable bins and plenty of storage space. There will be dining bars where small fry can be fed their lunch with a minimum of effort.

Extensive use of glass makes the kitchen bright. Walls are of grey vitrolite, an opaque glass which is easily cleaned and does not stain. The cabinet, having sliding glass doors and a dining unit has a table of polished plate glass and a bar which is used in the kitchen as work space. Glass is also used in windows between kitchen and laundry if it is separated.

### Palatial Bathrooms

Manufacturers haven't stopped in the kitchen. Bathrooms exhibited would rival the most palatial Hollywood movie setting. So well has the functional character of the bathroom been studied that it becomes a three separate units, bath tub and shower, dressing unit and toilet.

The tub and shower area is enclosed with clear polished plate glass and sliding glass doors. On the ceiling within the shower stall is a new functional note in lighting. Three lamps each separately controlled, produce infra-red light, the heat light to aid drying and prevent chilling, a sun lamp of ultra-violet rays for producing outdoor tan, and ordinary light for illumination.

A dressing unit is composed of lavatory, dressing table and bench, mirrored wall, convenient towel storage cabinets, a medicine cabinet and vitrolite table tops and walls. Fluorescent lights are recessed at the top and bottom of the medicine cabinet for indirect illumination. There is also a germicidal lamp within the cabinet.

It all should sound very dreamy to Mrs. Housewife. All she has to do now is sell down on the idea of installing her dream-come-true bathroom and kitchen.

### QUEUING MADE EASY

LONDON (CP)—Grocers and butchers at Wembley have provided seats for customers queuing outside their shops.

### HOT WEATHER PHILOSOPHY

Many persons dread the coming of summer, as they are enervated by heat, and suffer when the thermometer gets up in the nineties and higher. They are oppressed by fatigue and languor. It is difficult for them to perform ordinary tasks. Cool and shady places are popular, and many fan themselves vigorously.

Many who are able to get away from their homes make long sojourns in cool resorts, where the air from the lakes or the mountain abates the summer heat.

Those who cannot, thus leave their ordinary homes and work have to study how they can mitigate the discomforts of the hot waves. Many of them pour down the cooling drinks, and revolving fans keep the air in motion, which is very helpful.

If people keep busy at their work of whatever they are doing, they may be able to forget the heat to a large extent. It does not seem to help any to keep fretting over high temperature, and there may be some comfort in the thought that the country needs the heat to ripen the crops.

## Chronicles of Ginger Farm

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

To any worn and worried women whose job is to patch binder canvas it will come as welcome news that the paste-patching job I did last week really worked. For which I am truly thankful, because, no sooner was the wheat cut than the canvasses were brought to the house again for more repairs. Of course we really need new canvasses, but it's a question whether we could get them and even if we could I suppose the price would be just about out of sight. No I guess we'll go on patching. And in case there are many like-minded people around perhaps I should explain just how this patching is done.

Spread the binder canvas out on the floor. Cut patches the desired size and paste well with "airly thick flour and water paste." Smooth the patches on to the canvas very carefully with your fingertips. Turn canvas and put similar patches on the other side so that you have two patches covering the same tear. Now get a hot iron and keep ironing until patches are dry, taking care, before lifting the iron, to run it well past the edge of the patch otherwise the patch will lift as you raise the iron. It takes quite a while for the patches to dry so it is really better if the job can be done overnight. I was thinking this morning that the patches might stick even better if a little size were mixed in with the paste.

We are certainly glad to have our wheat cut and stacked since the weather has turned quite stormy. Last Friday the wind knocked the stacks all over the place and a great deal of work had to be done all over again. This morning my men started out to cut the barley but a thunderstorm came up and put an end to that. However, it cleared away again without doing any more harm than to wet the grain and frighten the dog. But now it is thundering and raining again, and I am wondering what will happen to my patches if the canvasses get wet!

Our week-enders were lucky to have it stay fine and dry while they were here. They came in batches this time. Friday afternoon, Saturday afternoon and Sunday morning. By the time they were all here we had six extra. But I didn't mind because on Saturday night Heint painted the pantry ceiling for me. Maybe it was intuition on my part that made me leave the ceiling. You see, I had already painted the walls, the woodwork, the window and put down a new piece of linoleum—in fact I had done everything except the ceiling. Subconsciously I thought possibly there might, at some time or other, be someone around who would feel an urge to complete my unfinished business. I think I shall repeat the experiment in the kitchen. It really provides a grand opportunity for a man to show a woman how it should be done. And who am I to deny that privilege to anyone so minded?

However, painting the pantry is really only incidental, my real story is the story of a stove—an electric stove of which I had long given up hope of getting since it was ordered about ten months ago. But last Monday I received word that the stove was actually at the station and waiting to be delivered. I moved fast. I telephoned an electrician to come in that night to connect the stove. I started shoving things out of the pantry to make room for it. A shelf had to come down—that left bare patches to be painted. So I started painting the patches and finished up by painting the pantry. You see I just couldn't bear the thought of a nice new stove sitting in a shabby old pantry.

The delivery truck was supposed to arrive about 4.30. Partner and Bob were waiting around to help with the lifting and I was so excited at the thought that at long last I was really going to have an oven with or without heating the whole house that I hardly knew what to do with myself.

Then the telephone rang. It was our hardware man. He said, "I am afraid you are not going to have your stove to-day after all."

"What do you mean—I thought you said it was at the station."

"So it is—but one side is badly damaged. It will have to go back to the factory for repairs!"

Curtains . . .

### PASSING THE BUCK

HAMILTON, Ont. (CP)—The major problem confronting members of the Hamilton Centennial Committee was the entry in a Miss Canada contest of three girls claiming to be the title of Miss Montreal. Mayor Camille Houde Montreal refused to make a choice—he left the decision to officials here.

## Indians Make Treaty Time Social Event

### Pegula Reserve Polk Hold Four-Day Celebration In Tent-Town Near Hodgson, Manitoba

HODGSON, Man. (CP)—Every summer, about the beginning of July, a tent town of some 1,200 people springs up near this railway branch line terminus. Three or four days later, it disappears just as quickly as it came.

It is a town of Indians, who gather to receive their annual payment of five dollars in "treaty money."

The custom dates back to 1875, when the Indians of the Pegula reserve relinquished to the crown all claims to the land they had inhabited for generations. In return, each of them was to receive five dollars annually, and certain other concessions, "for as long as grass grows, sun shines, and water flows."

One of the concessions was a free meal at treaty time as a present from the crown. This year however, the Indians will forego the food, and hungry Europeans will get it instead.

Most of the Indians are trappers, farmers or fishermen, and don't really need the money. But through the years, treaty time has become a great social event, a sort of annual powwow that no Indian wants to miss. There's baseball, dancing and all the festivities of a white man's country fair.

Actual payment is handled by Indian Agent Lazenby and his assistant, Olfur Thordarson. Mr. Lazenby was a hard-working man this year, because Indians are now permitted to collect family allowances. Some of them, like Solomon Stranger, who has 19 children, went home with pretty respectable bank-rolls.

"Indians in this district are an industrious and well-behaved band," says Constable Verne Josephson of the R.C.M.P., Hodgson detachment. "In more than six months, I've had only one Indian up for being intoxicated."

## MILLIONS ARE STARVING WHO IS TO BLAME?

The present food shortage throughout the world has for the first time in history, put Britain on the bread ration. What is even more tragic, it literally faces millions of human beings with starvation and death. Naturally these conditions accentuate emphasis on all waste or misdirection of food and multiply humanitarian appeals for personal and co-operative food saving. By our action we rescue or doom to death multitudes of human beings.

Perusing the statistics reports from the Bureau of Official Reserves the distilling and brewing production in Canada, the following facts came to light. The distilling of spirituous liquor in the financial year 1944 consumed 578,841,080 pounds of cereal grains, and the brewing of beer 232,629,333 pounds. These totals are made up of wheat, corn, rye, rice, barley and possibly a small quantity of other grains.

Each of the grains mentioned has been in historic times the main staff of life of multitudes of people — one might almost say of nations. As animals foods they are of the highest quality.

The calories supplied for food from these grains run from 1500 to 1628 per pound. If we take as an average estimate 1600 per pound, we would be giving the liquor producers generous room.

In central Europe the best fed people were recently getting all-told 1500-calories per day, and in certain sections the quantity available was much less in some cases as low as 700 (approximately 2500 calories per person are needed to maintain health and vigor).

In normal diet cereals furnish only about two-thirds of the requirement, and would go much further if so used. But, fats and other commodities are also inconceivably short in this crisis. We will ignore this supplementary but uncertain supply (another concession which is generous to the trade).

Considering cereals then as the sole source of calorie supply, and on the basis of the highest ration in the American occupied area, the grain consumed by the liquor business in Canada during 1944 would have sustained 4,750,563 persons for six months.

Early this spring, however, the Canadian government limited the use of grains in the distilling business to 50 per cent. of that used in the previous year. What the amount for 1945 was has not yet been revealed, but using as a basis the figure for 1944, this would mean that the grain consumed in Canada under this new arrangement in the current year would, on the basis outlined above, have fed for six months 3,063,685 persons—nearly as many people as there are in Ontario.

Are the drinkers of to-day drinking blood?

### PROBE DOG SMUGGLING

VANCOUVER (CP)—Police are investigating activities of an alleged dog-smuggling ring. The ring is reported to be operating from freight-oria-calling-here-whose-crews-bring chow pups ashore for illegal sale.

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