

Of Interest to Women



Hello Teenagers! It will soon be Mother's Day—an occasion when we want to be particularly nice to Mom. And there is such a thrill in doing something for her on Sunday that we have written this column to you. Of the many things you can do, mother will appreciate you preparing the meals most because that is her job day in and day out. It will be a wonderful diversion for you and Mother.

SPECIAL LUNCHEON PLATE

- Season 2 cups medium white sauce with 1/4 tsp. salt and an eighth tsp. pepper; add 2 tps. vinegar and 1 tsp. Worcestershire sauce.
- Add 2 cups cooked cubed ham, 1 cup drained peas and 1 slice of onion.
- Serve between and on top of split tea biscuits.
- Decorate with a sprig of water-cress.

TEA BISCUITS

- 2 cups flour, 4 tps. baking powder, 1 tsp. salt, 2 tps. shortening, 1/2 cup

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Recommendations For The Control Of Tomato Blight

Owing to the serious outbreak of Late Blight of Tomatoes in 1946, it is recommended that growers protect the plants in the seed beds by spraying or by dusting, and also be prepared to spray or dust in the field.

Seed Bed
Spray or dust, depending on equipment available, with a fixed copper. For spraying use such compounds as Copper A Compound, Cuproclad, C. O. C. S., Baséon or Tricop (Tri-basic copper sulphate). For dusting use such compounds as C.O.C.S. or Trox. Follow manufacturer's directions.

Be sure the plants are thoroughly covered, including the undersides of the leaves. Spraying is more effective. If a high pressure sprayer is used, do not bring the spray nozzle closer than 4 ft. to the plants.

Apply the first spray or dust when the first true leaves are well formed. If transplanting is done before the first true leaves are well formed, delay the first application for about one week after transplanting.

Repeat applications every 7 to 10 days. The last application should be made 3 or 4 days before planting in the field.

Field
It is recommended that all tomatoes be planted in rows 6 ft. apart with the plants 2 1/2 ft. apart in the rows. This will greatly facilitate spraying when necessary.

Late blight may be controlled in the field by spraying or by dusting; spraying is more effective. Use fixed coppers indicated above for use in the seed bed.

To be effective the spraying or dusting must be done in such a way as to thoroughly cover all above-ground parts of the plants, including both sides of the leaves.

Apply the first spray or dust when the disease is first reported in the district. Continue applications at 7 to 10 day intervals especially during periods of cool, wet weather. Prolonged periods of hot, dry weather retard the spread of the disease and hence the intervals between applications may be lengthened. Arrangements are being made to inform growers when to begin spray or dust applications.

Note—Be sure to destroy all plants not used in the field because they may be a source of the disease.

Now Easy to Freeze Foodstuffs in Home

Freezing farm products in the home is now being done by many Canadian householders. Ease of processing, improved quality and food value are the chief advantages, says W. R. Phillips, Division of Horticulture, Central Experimental Farm, Ottawa, Ont.

The first requirement for home freezing is a freezing compartment of adequate size and freezing capacity. The Division of Horticulture, Central Experimental Farm, Ottawa has prepared a pamphlet on the subject, entitled Household Freezer and Storage, which describes the method of construction and operation of two types of unit. One is a combination freezer, bulk storage and household storage unit. The other is merely a combination freezer and household refrigerator. Both types have been in operation under close observation for several years and have proven satisfactory. This pamphlet will be sent to anyone by writing to Dominion Department of Agriculture, Ottawa.

As well as having a satisfactory freezing unit, care should be taken to prepare the food properly before freezing. Freshness of product is the main underlying principle.

Leaving fruits or vegetables in a warm place after harvest will result in loss of flavor and deterioration. It is very important to prepare and place the products in the freezer as quickly as possible.

Vegetables and some fruits have to be blanched. This is done by exposing the material to boiling temperatures for a short interval. The purpose is to arrest chemical processes that cause objectionable flavors or discoloration while in the freezer. After blanching, cooling is done by immersion in cold water.

Whether blanched or not the products for freezing should be placed in suitable packages. Ease of freezing, moisture proofness and convenience of filling and storage are the main considerations in selecting a package.

The packaged material should be frozen solid within fourteen hours. This can be done if the packages are small (pint size) and are well spaced in a freezer operating at 0 degrees F. It is important, too, that the freezer operate close to this temperature throughout the storage period. If these and some other simple instructions given in detail are followed, high quality frozen fruits and vegetables can be enjoyed by anyone who can procure the equipment.

The Pathway Of Progress

By R. J. DEACHMAN

Once back home I stood with an old friend of mine on a farm to which his father came about a hundred years ago. My friend pointed to a combine working in a field 40 rods away from where we stood. "Look," he said, "the first year my father came to this farm he cleared a little corner and sowed wheat among the stumps. It was cut with a sickle, threshed over a mill—ground in an old-fashioned, hand turned coffee mill—now see the combine, it cuts and threshes the grain. In that period, almost in the span of one human life we have moved from the sickle to the cradle, from the cradle to the reaper, from the reaper to the binder, and now the combine. There is the picture of agriculture in Canada, a century of magnificent progress—where next, where do we go from here?"

In the first census of industry in Canada in 1870 the average factory worker received \$220 per year. By 1944 the scene had changed, the Canadian worker was now receiving some \$1,650 a year. How was the change brought about? The fingers of our forefathers were as deft as ours. Within the limitations of their lives their minds were as keen, they worked much longer hours.

What brought about this increased capacity for production, the shorter hours of toil? The answer is that today man's effort to produce is increased by the power of the mighty machines he has summoned to his aid. For every factory worker in Canada in 1870, there was a capital investment per worker of \$420. In 1943 the capital investment per worker was \$5,000, more than 12 times as much. In the old days, hand power was a factor in production. Now man has called to his aid these great machines driven mainly by electric power and used to lighten the burden of toil to increase his capacity to produce.

Now all this would be quite impossible of accomplishment by any other means. Progress, in the future, will come from the use of still more invested capital. The higher the investment, the greater will be the volume of production, the higher will be the earnings of labor. But much capital has been destroyed by war. The world is hungry for more capital. An increase in invested capital will raise the standard of living throughout the world, make this and every other country happier, richer, more prosperous.

The reason that fiction is more interesting than any other form of literature to those of us who really like the people, is that in fiction the author can really tell the truth without hurting anyone and without humiliating himself—too much. —Eleanor Roosevelt.

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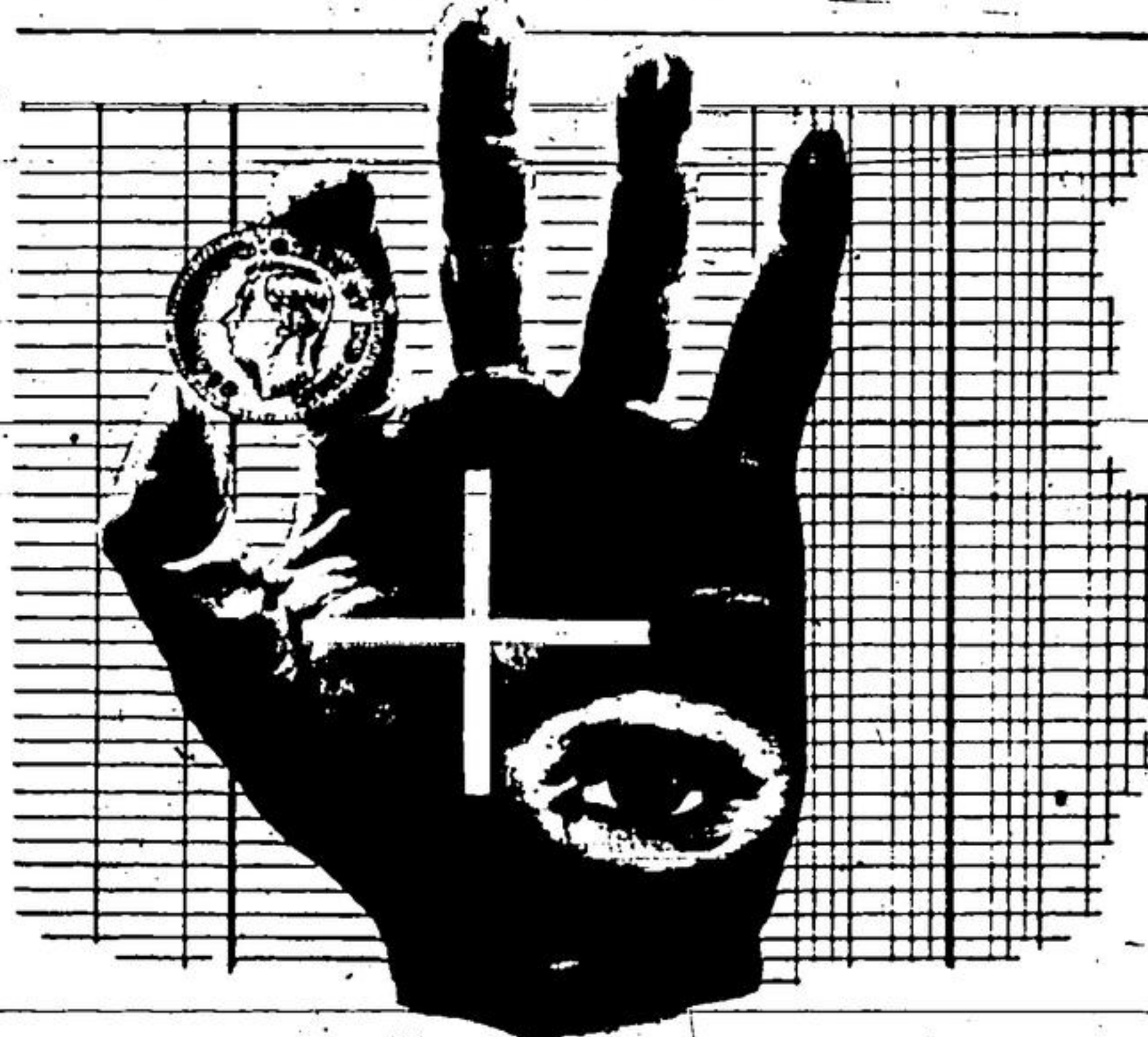


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