



Hello Homemakers! Compared to home canning, freezing vegetables is a cinch. The method is simple, quick and easy. Colour, flavour and nutritive values are retained to a high degree in freezing if a recommended variety is selected and properly handled. Blanching vegetables must be accurately timed to prevent loss of nutritive value.

Step by step preparation for the freezing

- 1. Clean, sort and prepare vegetables as for table use. Sort to size and cut in pieces into one inch lengths to fit container.
2. Scalding is a must. Place a wire sieve or clean fry basket containing about one pound of vegetable 2 minutes. Count scalding time from the moment the lid is replaced.
3. Chill vegetable immediately with ice water. Allow 2 to 4 minutes depending on size. Drain carefully then spread on clean towel.
4. Pack carefully in a package suited to the size of your family. A pint carton will yield 3 or 4 servings. Leave 1/2 inch space for expansion during freezing. Cover to top of vegetable with 2 per cent cold brine (1/2 tsp salt per cup of water). Two quarts of brine is sufficient to fill twenty one-pound boxes. You may sprinkle on dry salt, using one teaspoon for each pint box.
5. Press the liner or bag to force the air out, then fold over and close the carton and label it. Keep packaged vegetables in refrigerator until they are ready. Then take them to the locker, or place them in the home freezer along the side of the unit. Transfer home frozen boxes to storage compartment the following day. Make notes in a record-book of the number of cartons of each vegetable. Boxes are specially made for quick freezing and protection of the flavour. They are economical, too. To cook frozen vegetables, place the unwrapped lock in a pan with a small amount of boiling water. The cooking period starts when the vegetables begin boiling then allow five minutes less than when fresh since they have been blanched previously.

VARIETIES OF VEGETABLES RECOMMENDED FOR FREEZING

ASPARAGUS - Martha Washington, STIRING BEANS - Bountiful, Burpees, Kentucky Wonder, Green Pod, Yellow Pencil and Black Wax. BEETS - Detroit Dark Red, Cross-by's Egyptian Red Chief, Early Wonder BROCCOLI - Italian Green Sprouting BRUSSELS SPROUTS - Long Island, CORN - Aristogold, Early Bancroft, Vincennes, Golden Hammer, Harris' Early Bantam, Kingcrown Bantam LIMA BEANS - Carpathia, Grey Seeded, Green Prodic, PEAS - Thomas Laxton, Roger's Lee, Telephone, Improved Strategem, World's Record, KIP NACH Giant Novel. Also common varieties of peppers and squash. Tomatoes, Potatoes, Cauliflower and Herbs are not satisfactory frozen products.

THE QUESTION BOX

Mrs. J. M. asks: Why do some frozen peas taste starchy when they are cooked?

Answer: The starchy must be done in rapidly boiling water for exactly one minute per quart. If this is not done, the enzyme action does not stop sugar changing to starch.

Mrs. B. C. asks: Why do some yellow beans turn brown on top of a frozen package?

Answer: Air should be excluded if possible, from packaged vegetables. A brine solution to cover avoids discoloration.

Mrs. M. B. asks: Can you freeze corn on the cob using the same method of corn niblets?

Answer: Yes. It takes more space in storage however. Perhaps you could do some of both niblets and corn cobs.

Mrs. J. F. asks: Can you freeze fresh cucumber successfully?

Answer: We believe the best method of using cucumbers is in pickling unless you like peeled cucumbers as a cooked vegetable.

Mrs. F. R. asks: How much water should be used for blanching?

Answer: The quantity of vegetable should be small enough so that the water returns to boiling in one minute or less depending on width of kettle. Then too, we recommend blanching one quart or two pounds of vegetables immersed in about three quarts of water.

Mrs. W. H. asks: What do you do if ice forms at the corners of the home freezer?

Answer: Remove as many packages as possible, disconnect freezer, defrost as quickly as possible, using warm water to loosen ice, then repack packages to dry freezer, then turn lower and start freezer immediately.

Chronicles of .. Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

It came at last! Real, wet, soaking rain. In fact it managed it twice. The first time there was a nice gentle rain that lasted most of one morning. We thought that was our quota for possibly another month.

But Saturday it just tumbled down out of the sky and there seemed no let-up to it at all. It rained outside and it rained inside. The kitchen roof that had dried out hopelessly during the drought did no more than act as a sieve for the heavy downpour. Bob went up in the attic with pots, pans, boilers, and a wash-tub while I placed dishes and bottles at strategic positions around the kitchen. After about an hour the rain settled down to a more moderate tempo and we thought the worst was over. The lull in the storm encouraged the young folk to dress up and go out although it is more than likely they would have gone anyway, storm or no storm.

But around ten o'clock we were treated to another deluge and the roof found new places to leak. This time Partner went up in the attic, and by the time he was through every available pan, pail and kettle was up there catching drips. It was a happy, restful Saturday evening!

Did we grumble? We did not! There was a time or two when I heard Partner talking to himself up in the attic but no doubt he was just saying, "Oh my, isn't this a lovely rain!"

We were glad there wasn't much wind because we haven't cut our wheat yet. My menfolk were a little undecided last Friday about whether to cut it or shouldn't they? Now they are glad they didn't because as long as it was able to withstand the storm it was better standing than it would have been in the stock. So that's that.

And am I glad we have cooler weather at last as our influx of summer visitors has really begun. Friday was quite a day. Bob was to meet one visitor coming off the Toronto bus at 7:20 while I was to meet two others off the Hamilton bus at 7:00. When it was almost time for me to get away there was still no sign of Bob. Then he phoned. He had gone out with a load on his truck and was really mired. I wasn't sure whether he would be back in time to meet the bus or not. Partner was mulling over it, explaining the situation to me. I had to trust to luck and go.

After I had gone a some neighbour came in for eyes. Partner asked him to meet the Toronto bus, and we couldn't send a taxi because our money was getting off along the highway. To cut a long story short this is what happened. The bus stopped at the intersection and never got off. To meet her she found our neighbour on one corner with his truck, on another corner, and right behind each other was Bob with his truck and I with the pick-up with our two other visitors. Quite a welcoming party, wasn't it? Poor Joe didn't know which one to go and speak to first.

Another night there was a telephone call from Fort William from Daughter, of course. Between the lot of us no one had told her definitely her English aunt would be returning the end of the month. Daughter had planned her holidays for September so now she is trying to arrange to get home this month instead. And that is easier said than done, an employee can hardly walk off a job just when she feels like it.

It seems so strange to have our small family of three increased to six and sometimes eight, and there may be more. I put an extra leaf in the table and then another, and yesterday all three as we had friends in for supper. And the dishes. But I don't have to worry as nobody will let me do them. All I do is go to bed at night and figure out what I shall give them to eat next day. So far no one has starved.

The rain Saturday night was the cause of an annoying aftermath. Sister-in-law took the screen out of her bedroom window in order to shut it. When she opened it again she didn't get the screen in right. Last night when she went to bed she came down again in an awful dither. Her room was full of flies! I went to investigate, spray gun in hand. Flies... they were everywhere! The ceiling and walls

were plastered with them! How thankful I was for modern science and DDT. People in England generally wonder why we in Canada always have our windows screened. But they learn one such experience as I have mentioned is enough.

Well, the men are just getting set to cut the wheat and for the first time in I don't know how many years I haven't had to fix binder canvas. Bob took over that job and without any argument from me.

Now I will hand over what I have written to my secretary to type. Oh yes, I have a secretary now. Nice Betty, but unfortunately she leaves for a more lucrative position next Wednesday.

LANDSLIDES HAVE CAUSES

On the Friday before the general election Mr. C. George McCullagh in a broadcast told the nation that he had been brought up a Liberal. On the night of election day there must have been a good many Conservatives who felt that it would have been better for the Conservative party if he had remained one. Early in the course of the campaign we remarked in this column that what the Conservative party needed was the kind of leadership which would re-establish it in popular confidence as a party which can be relied upon to mean what it says.

The leadership that it received in this campaign and for that we hold Mr. McCullagh even more responsible than Mr. Drew was calculated to establish it merely as a party which would say anything to get into power.

The voting of the 27th of June was much more than a decision in favor of one party as against another. It was an historic event which raises the whole question of the future of the ancient party of Macdonald and Tupper and Borden. We are convinced that that ancient party still includes a vast number of people who give it no support or even voted against it, last month because they were profoundly dissatisfied with the recent behavior of its inner councils. The problem will be to restore their confidence and that of the large body of voters who by the next general election will be convinced that the country needs a change (as it almost certainly will) but will not vote for a change to the Conservative party if by then it is still showing few signs of responsibility or consistency.

The result of June 27 cannot be blamed on lack of organization, of funds or of hard work by candidates and helpers. It cannot be ascribed to the overwhelming popularity of Mr. St. Laurent - who must however be congratulated on the excellent manners and entire correctness of his personal campaigning. It cannot be even ascribed to the government's record - good though that has been. It goes far beyond anything that those causes alone could have produced. It is evidence of a sickness in the Conservative party which we hope and believe can be checked, but which will not be checked unless it is promptly attended to.

There is no precedent in Canadian history for the kind of campaign through which the electors of Canada or at any rate of Canada east of Winnipeg, have been carried during the past five weeks. It has had far more the appearance of a United States presidential election, with the voters being asked to choose one out of several candidates for a single office. In Ontario and Quebec at least thousands of young electors must have been staggered to find that neither Mr. Drew or Mr. St. Laurent was on the ballot, for they could hardly have failed to conclude from the articles in the daily press that these were the only persons concerned in the contest. Saturday Night.

Vanilla is made from dried and fermented pods of orchids.

Sadness Sits On Cities

The lack of a good breakfast may be the cause, but whatever the reason, those who go to work earliest in cities are a sad lot. A study of street car crowds from six-thirty to nine-thirty in the morning by a visiting farmer convinced him that those who go to work earliest are the happiest. Perhaps they get up in time to get enough to eat.

From six-thirty to seven-thirty the faces of people boarding the street cars are more cheerful than those of people who go to work at any other time. They step quickly and more apt to greet the conductor with a smile and a happy word, and more inclined to speak to each other.

From seven-thirty on there is a progressive deterioration in the mood and manners of street car travellers, till by a quarter to nine, cars are choked with cranky, rude shirkers who are late and at war with their little world. Most of them have no time clock to keep them prompt and happy in reporting on work and become even worse tempered in their efforts to cover up during the first half hour in the office.

From nine-thirty on, the downtown section of the city seems to be infested with people who are making a feverish effort to stop wasting time where they are, to go and to waste it more effectively somewhere else. They fill the coffee shops after ten o'clock trying to calm their jangled nerves. At eleven some serious work can no longer be avoided and the deep depression of the day sets in.

By the time the home rush begins in mid-afternoon, city workers and shoppers have become so depressed and mean that they cannot be trusted to travel with each other without supervision. Transportation inspectors and policemen keep order at the main intersections. Boarding the cars, the passengers shove, growl, cough and sneeze with utter disregard of others, making it unsafe for the aged or handicapped to travel at rush hours. The cars are so jammed that some men are forced to stand along with the older women.

Some find sufficient cocktails before dinner to make them forget the futility of their lives. Others find escape in movies, but a few stay at home and sink into deeper sadness. For these more entertainment and transportation facilities will be provided so that none will be obliged to stay at home from the cradle to the grave, and none shall be forced to rely upon their own resources for recreation.

Rural life among hard working, happy people disqualifies the farmer to prescribe a remedy for city ills, but he is off hand opinion that the people of large cities would be much healthier and happier in smaller places and in the country, that a beautiful day's work each day and more time in their homes each evening would make their working days happier and their leisure time a source of satisfaction and contentment. The sadness which sits on cities could be relieved by more constructive personal activity and less pressure of people.

When we take a look at individual cases we find that "frustrated workers" who become Canadian communists are frustrated allers and would be dictators. The Scene

WOOL World production of apparel wool during 1943-44 season is expected to rise three per cent over last year to 2,940 million pounds. Australia, New Zealand and South Africa all registered an increase for this year, offsetting declines in the Argentine and the United States. A moderate improvement in the merino clip of Australia and South Africa reverses the downward trend of new wools in the last few years.

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