

THE MIXING BOWL

By ANNE ALLAN

Hydro Home Economist



Hello Homemakers! Homed words may help sweeten a "sour" man but they don't have any effect in jam making. So use sugar. Use accurate amounts of sugar so that "none is wasted. Use fruits that cook to a jam consistency readily—these are currants, gooseberries, crab-apples, grapes, tart plums, strawberries, apricots and cranberries. When you use smaller amounts of sugar longer cooking is required. During this precarious stage the cooking mixture should be kept boiling constantly and stirred frequently so that the jam will not be tough or scorched.

- A few more points to keep in mind when making jam are:
1. Use fresh, clean fruit.
 2. Use a mixture of one cup ripe fruit to two cups under-ripe to increase the pectin necessary for jellifying.
 3. Cook no more than three or four quarts of fruit at a time.
 4. Warm the sugar in a preheated electric oven to speed up the cooking of jam.
 5. Boil constantly and test for jellifying point. The experienced method requires correct observations. Lift a spoonful of the cooking liquid and allow it to drip slowly from the edge of the spoon. As the mixture nears the jellifying stage it will form two distinct straight-edge drops. Test repeatedly. When the two drops tend to pull together the jam is done. Remove from the electric element at once.
 6. Have containers sterilized and hot when filling.
 7. Cool and seal with paraffin—pouring around the edge of the jam jar first. Cover with metal cover, if possible.

GOOSEBERRY JAM

2 quarts gooseberries, 4 1-3 cups water.
Wash gooseberries, then top and tail. Skimmer fruit and water 10 minutes. Add warmed sugar and cook for about one-half hour. Test for jellifying stage. Pour into clean, hot jars. Makes 3 1/2 pints. This jam is quite thin when hot but it thickens when it cools.

RASPBERRY JAM

4 quarts raspberries, 6 cups sugar, 1/2 cup cider vinegar.
Crush fruit and simmer 15 minutes. Add sugar and vinegar. Cook for about 30 minutes. Pour into clean, hot jars, cool and seal. Makes about 7 jam jars.

BLACK CURRANT JAM

4 quarts black currants, 2 2-3 cups water, 8 1/2 cups sugar, 1 1/2 cups honey.
Wash, top and tail currants. Skimmer fruit and water 10 minutes. Add sugar and honey. Cook, skimming frequently, about 15 minutes. Test for jellifying stage. Pour into clean, hot jars. Yield 14 small jam jars.

Tap a Tip

1. Unsweetened fruits are processed the same length of time as fruits with sugar.
2. Although sugar is the cheapest form of sweetening, honey may be used to replace one-half as much of the required sugar, or corn syrup may be used to replace as much as 1-3 of the required sugar. Do not use brown sugar or unrefined sorghum.
3. It is unwise to use a board or towel in the bottom of a water bath, as it prevents even circulation of hot water around the jars. It is wise to use a wire rack or strips of wood, e.g., shingles.

Question Box

- Mrs. J. C. Mc says:
1. Boiling water should not be used for washing refrigerator trays. (A warm tray will cause the refrigerator to operate longer than necessary).
 2. Fruit should be spread on a platter and kept in the upper part of an electric refrigerator.
 3. If you can't buy a pot scraper, do as I do—place a 6" piece of clean cotton in the bottom of the teakettle where lime will form on it in about a week. This will make a good scouring pad.

CHEESE STRATA (Suggested)

12 slices of stale bread, 1/2 lb. Canadian cheese, 2 2-3 cups milk, 4 eggs, 1/2 tsp. salt, pepper and paprika.
Trim crusts from bread and arrange slices in the bottom of a greased baking dish. Slice the cheese and place on bread; cover with the remaining slices of bread. Beat eggs slightly, add milk and seasonings. Pour milk mixture over the bread, cover and keep in refrigerator until ready to bake. Place the casserole in a shallow pan, bristling it with water and bake in electric oven 250 degrees for 45 minutes. This is like a soufflé and should be served at once.

Anne Allan invites you to write to her c/o of The Herald. Send in your suggestions on homemaking problems and watch this column for replies.

Heavy stocks and greenhouse products are being sold at special prices. There is no "baiting" price on her plants, flowers and vegetables for planting.

Hello Homemakers! While distant fields seem very attractive to picnic planners, it has taken an "AAA" gasoline ration to enable many families to discover the possibilities of their own backyards. After all a picnic is more or less a matter of eating outdoors.

So why not plan frequent suppers or lunches that can be carried outside. You'll find that children think it is an adventure, and it's not much trouble. A shady spot with some cushions or a rug to sit on, a place to put the extra food and you are all set. If you have enough small trays, so that each person can have his own, it will be perfect.

No dining room to clean up, few dishes to wash and everybody's happy. The picnic is a great institution.

LUNCH

Picnic appetites are likely to be big, so plan the eats accordingly. Sandwiches are easy to prepare and good to serve; use soft rolls or bread sliced not too thin. Salads in chilled bowls should be filling, potato with onion, raw cabbage with radishes, jellied beef with peas, string-beans with raw carrots. Relishes, the ones you can pick up with your fingers, stimulate the picnic meal—radishes, wedges of cucumber, small tomatoes, strips of pepper, pickled eggs, etc. Desserts are not a problem during the fresh fruit season: serve fresh fruit and few cookies. Order half pints of milk for the day and chill before serving.

SANDWICH FILLINGS

1. Five medium sized eggs will make about one cup of filling.
2. Mince or grind cooked tongue, beef, pork or other meats. Season with salt, pepper and mayonnaise or relish.
3. Crisp vegetable fillings may be served at the picnic on the lawn since they may not be shortly before the meal. Shredded lettuce, sliced tomatoes, minced onions, grated greens, etc. are good, moistened with very little seasoned salad dressing.

TAKE A TIP

Stains on summer clothes may be removed at home if treated immediately using the following steps: a few drops of stain remover should be applied to the stain. Rinse material. If stain is stubborn, hold the stain in steam over the spout of a boiling kettle. Apply "remover" again.

1. For berry stains use javel water on white cotton, linen, or rayon. Sponge coloured cotton, linen, or rayon with warm water before applying lemon juice or peroxide.
2. Mercurochrome stains are removed by treating all fabrics with wood alcohol, then vinegar, and then wood alcohol again.
3. Mildew left for any length of time is almost impossible to remove. Wash as soon as noticed in hot, soapy water, then put into javel water and caustic solution (three or four tbs. for quart of water) alternately.
4. Grass stain on white cotton, linen or rayon may be removed with javel water or peroxide, but use wood alcohol on coloured fabrics.
5. Lipstick: sponge marks on cottons and linens with a stain remover or carbon tetrachloride; on all coloured fabrics, work in cold cream, then follow with carbon tetrachloride.
6. Paint may be removed by soaking stain in turpentine or carbon tetrachloride.

All stain removing agents should be removed by sponging or washing all material, then press, using absorbent cloth over cleaned material.

THE QUESTION BOX

H. G. suggests:

FRESH LEMON CEREAL COOKIES

1/2 cup shortening, 1 cup sugar, 2 eggs, unbeaten, 2 teaspoons grated lemon rind, 3 tablespoons lemon juice, 3 tablespoons water, 1 cup sifted pastry flour, 1 1/2 cups rolled oats, 3 teaspoons baking powder, 1 teaspoon salt.
Cream shortening, gradually adding sugar; cream until light and fluffy. Add eggs and beat vigorously. Add lemon juice, grated lemon rind, and water. Sift together, flour, salt and baking powder. Add sifted dry ingredients to sugar mixture, then add rolled oats, mixing well. Drop from teaspoon on greased pan. Bake in electric oven 375 degrees F. for 12-15 minutes. (Bake 1 cookie first; if it spreads too much, a little additional flour may be required).

Mrs. M.R.G. asks: Should jelly be boiled slowly or rapidly? Should jelly be boiled slowly or rapidly? Long, slow boiling will destroy the pectin necessary for jellifying.

Mrs. J. D. asks: Should jam be made with cane or beet sugar?

Answer: The test on cane and beet sugar shows them to be chemically the same. Either will be successful.

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The price Board is advising retailers and others that, because of the paper container shortage, shipping cases should be opened carefully so that they may be re-used.

THIRD PRIZE LETTER IN COUNTY COUNCIL CONTEST FOR HALTON

We present this week the letter written by John Hutton, Burlington on "My Visit to Halton County Council".

I was one of the students from one of the County of Halton Schools who had the privilege of attending the County Council meeting on April 18, 1944. The County Council building which is also used as a court house is a large stone structure with the Union Jack waving majestically at the top. The grounds were beautiful, but marred by that ever-present tragic monument of World War I. We entered the building and walked with forty-seven other students through a hall which had pictures of the County Councils and Wardens dating back for many years. We entered the Council room, which was very large with four or five church-like windows. At the upper end of the room the Judge's seat is placed on a dais and above it reads the inscription "Deu et mon Droit", or "God is Right". Below the Judge's seat were places for the warden and clerk, councillors and jury. We were welcomed by the Warden; following which the minutes and communications were read. At twelve fifteen we retired to the Presbyterian Church where we had an excellent lunch. After lunch Colin Anderson played some very interesting trumpet selections: Reeve J. Robertson led the jolly sing-song of popular numbers, including "Fairy Dances" and patriotic numbers. Next followed many interesting and educational speeches. Mr. Stacey gave a splendid talk on patriotism keeping the children spellbound for the duration of his talk. Mr. McDonald spoke briefly, saying he thought this procedure should be repeated for many years to come, as it had proven to be so successful in the past two years. Judge Murno talked, explaining the purpose of the various courts and assizes. Mr. Dick spoke on juvenile delinquency, illustrating his interesting address by life-cases. Mr. Roy Smith, the last speaker, then told of his work as County Engineer and Road Superin-



CBC NEWS ANNOUNCER

It's Earl Cameron's voice that listeners hear on the late summary of the day's news, presented over the Trans-Canada Network of the CBC, at 10:00 p.m. EDT, 11:00 p.m. ADT.

Mr. Cameron is a news announcer because that's what he wanted to be—and it was almost that simple. He was working in the hardware business in Moose Jaw when the CBC representa-

tentive arrived to conduct auditions. Not very long after that, the better business men of Moose Jaw saw one of their best depart for the east.

Now, the former hardware authority presents the latest news reports to listeners from coast to coast—including the folks back home in Moose Jaw.

There were large books containing handwritten records. We were shown two or three maps of different towns. We were taken back inconspicuously to the Court Room. Some of the most important motions were made as follows: A reserve fund for post-war work amounting to fifteen thousand dollars, but after some discussion it was decided not to pass the motion. Mr. J.

McDonald and K. R. McDonald moved the motion that prizes from ten to one dollar be given to the children for the ten best essays written on "My Visit to the Halton County Council" to be not more than five hundred words. We then left the Court Room to be taken to our respective homes by one of the council members, whom we bombarded with questions all the way home. I arrived home at the end of an instructive and enjoyable day.

"MIND READING IS THE BUNK"

In The American Weekly with this Sunday's (July 30) issue of The Detroit Sunday Times, Richard Humber

MINERAL NEEDS OF LIVESTOCK

(By B. Leslie Emalle)

Cows and young growing animals are specially susceptible to the effect of phosphorus deficiency in the diet and usually respond remarkably to mineral supplements containing a generous amount of this important element, with calcium, salt, iron, iodine, etc., added for all-round protection. Pigs fed largely on grain are less in need of supplementary phosphorus but require more calcium in their mineral supply, also more iron for prevention of anaemia, a common complaint of the young.

Fluorine in minute amounts is essential but in excess may cause defective bone and teeth. In these times, when scarcity of raw materials is experienced, it has been difficult to obtain sources of phosphorus sufficiently low in fluorine which occurs in all rock phosphate. A process has now been developed for the removal of excess fluorine and concentration of the phosphorus.

In most of our soils low levels of phosphorus affect the quality of the crops grown thereon; hence the need for furnishing it in mineral supplements for livestock. Many trace elements essential to body growth and health are derived from the soil. Zinc is one but is seldom found lacking. Copper is another which occasionally is in short supply, and sheep sometimes suffer from lack of it. Pinning or "wasting" disease of sheep is attributed to lack of cobalt. It is now believed that manganese is important for teeth, which might indicate the desirability of dolomitic limestone applications to pastures. But there is a danger in over-liming pastures—this may result in reducing the availability of certain useful trace elements.

noted orchestra leader and magic expert, exposes numerous tricks to prove that mind reading is really nothing but old-fashioned hocus-pocus in modern dress. Get Sunday's Detroit Times!



... ask yourself this Question

One look in your mirror will give you the answer... Am I man or mouse... am I one of those who lets the other fellow face all the danger, take all the risks? Look yourself straight in the eye and ask yourself this one question... Have I the guts? The guts to wear the G.S. badge on my sleeve—to fight that my home, my people may be free.

You'll need months of thorough training to make you fighting-fit. Your place is beside every man who has the courage to see it through. Canada's Army needs you NOW, and needs you for overseas service.



VOLUNTEER TO-DAY
JOIN THE CANADIAN ARMY
FOR OVERSEAS SERVICE