

# THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist



Hello Homemakers! We are really doing a thorough inspection job during canning operations. Safeguarding the food that is being stored in jars means rigid inspection of each step in home preserving. Vegetables require special attention.

If you did not can any of the vegetables at the beginning of the season you may want to store some of the second crop in sealers. Although acid vegetables such as, pickled beets, red peppers and tomatoes are readily processed in boiling-water bath, the non-acid vegetables should be done in a pressure cooker. However, if you have small jars with a perfect seal, success may be assured by the water bath method if every precaution is used.

Important canning rules for the safety of vegetables are:

1. To permit a perfect seal the jar rim and top must be smooth, even, no nicks, no imperfections.
2. Equipment—Jars, measuring cup, knife, spoons, funnel, two large bowls, saucepan, processor or deep kettle, tea towels, brush and box of salt—should be assembled before the "canning bee".
3. Wash jars in rich suds and get them clean using a good brush. Rinse the jars thoroughly.
4. Sterilize by placing a clean towel in the bottom of a pan and putting the jars on their sides with matched glass tops beside each one, cover with hot water and boil fifteen minutes. Leave a hot water until needed.
5. Thorough inspection of vegetables is necessary. Discard any old, blighted, bruised or ones with decay.
6. Washed vegetables get a three minutes pre-cooking. This shrinks them and sets colour. Have the water boiling. Time the boil.
7. New hot vegetables go into hot jars. Allow one inch at the top of each jar when you can peas and corn. Use the cooking water to fill the jars. Add one teaspoon salt to each pint jar. Wipe off the top of jar—no pesky bit will keep the jar from sealing.
8. Dip the rubber ring into hot water (having soaked them in a cup of warm water with a teaspoon of soda in it for five minutes or so) and place on jar. On with the lid. Screw bands down lightly; then loosen (turn back one quarter inch).
9. Carefully lower jars into hot water bath in a kettle with a wire rack in the bottom; add more hot water to cover two inches over the jars. Jars should be one inch apart. Cover the processor.
10. Count cooking time when the water actually begins to boil. Process corn 3 hours in water bath. Process sweet peppers 45 min. Process tomatoes 20 min.
11. When time is up lift rack with jars from water. If no rack, dip some water and use a thick cloth to lift them

out. Screw band tight. Cool jars away from draft, then turn upside down to test for leakage.

## THE QUESTION BOX

In answer to many queries about preserving vegetables by salting, we give the following directions, stressing thorough cleanliness of vegetables, drying after washing with absorbent towels, the use of dairy salt and a cool storage place.

### SALTING METHOD FOR GREEN BEANS, PEPPERS AND CAULIFLOWER

Vegetables such as green beans, peppers, and cauliflower that do not contain enough juice to form their own brine can be preserved by being covered with brine.

Wash dry, and weigh the vegetables. Cut green beans into inch lengths; separate cauliflower into flowerets; leave cucumbers and peppers whole. Pack the prepared vegetables loosely into stone jar, leaving space for brine to cover them. Estimate the amount of brine you'll need to fill.

To make the brine, use 3/4 cups of salt to 6 quarts of water (common or coarse salt or dairy salt is better here than fine table salt). Pour brine over vegetables, and cover jar with plate or pie plate right side up. Weight down as you do for kraut. Next day add 1 pound salt for every 10 pounds of vegetables used. (This is to bring the brine up to its original strength.) At the end of the week, add 1/2 pound salt, and repeat the process every week until five weeks have been marked off on the calendar. Now your vegetables should be cured.

One thing to remember when adding salt is to place it on top of the plate so that it will dissolve slowly without sinking to the bottom. Salt should not touch the vegetables. Skim off the scum as it forms.

Clip the following method to desalt: using you will not be using these vegetables for several months.

To freshen vegetables cured in brine, place them in a big kettle, cover with cold water, and heat slowly to lukewarm, stirring frequently. Pour off water, and repeat process several times until vegetables are only slightly salty. Or, soak several hours in several waters, until they taste just right; then cook. The beans and cauliflower are seasoned and served as usual, green peppers are often stuffed and baked.

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

# Fighting Canadians

ARMY AIRFORCE NAVY

## ALBERTANS ON BEACH

Two young Alberta R.C.N.V.R. officers, Lieut. George Nutall, of Calgary, and Lieut. George "Lefty" Allin, of Edmonton, have arrived back at their landing ships after several days on the beach of Normandy. Lieut. Nutall, who arrived back looking for a new assault craft to replace the one that was shot full of machine gun holes, and crushed between two large landing craft, spent five strenuous days on and off the beaches.

Lieut. Allin was three nights and four days on the beach before he and his crew finally got back to their mother ship in their badly battered assault craft.

During those days they cared for wounded soldiers, guided others ashore, ran messages, carried parts for guns and rescued crews of damaged craft.

With Lieut. Nutall were Able Seaman Gordon Bastine, of Toronto, and Able Seaman William Lee, of Ottawa, while Lieut. Allin was accompanied by Able Seaman Dennis War, of Regina, Able Seaman William Gray, of Toronto; Stoker R. J. Scambler, Winnipeg; Able Seaman H. F. Spencer, Charlottetown, Able Seaman D. J. Wallace, Brooklyn, Nova Scotia, and Signalmen J. G. Garwood, Windsor, Ont.

## TARGETS SMASHED

Wing Commander George Keefe, D.F.C. and Bar, of Charlottetown, P.E.I., led his HCAF Spitfire Squadron into Holland and Belgium last Tuesday, where they attacked six enemy trains and a barge. Two trains were credited to W. S. Johnson, Belleville, Ont., and Flying Officer R. R. Bouskill, Toronto. Others in on the show were Squadron Leader Jack Sheppard, Dollarton, P.E.I. and Warrant Officer J. A. Kerr, Alexander, Man.

## CWAC'S ISSUE BONDS

Parliament Hill has become another of the many places where the Canadian Women's Army Corps is filling an important task. Twenty C.W.A.C. girls, known as the "Bond Detachment", have been assigned to the large civilian and service staff, engaged in the issuing of Victory Bonds to thousands of subscribers in Canada and Overseas.

## WOULDN'T TALK

Hospital officials tried in vain to pump information out of Flying Officer Allen Watkinson of Aylesbury, Sask., but he wouldn't talk. Forced to take out on his way back from Continental Europe he drifted around in his dinghy for some time before rescue. He was in such a weak condition that he thought his rescuers to be German and would give nothing but his rank, name and number.

## WRENS IN IRELAND

First members of the Women's Royal Canadian Naval Service to go to Ireland, three Canadian Wrens are now serving in Londonderry, it was announced at Ottawa.

Leading Wren Dorothy Oakes of Port Credit, Ontario, is serving on the staff of the Canadian Naval Administrative Authority in Londonderry, while Wren Norma Numbly, of Orillia, Ontario, and Wren Edna Evans, of Guelph, Ontario, are helping establish the new Fleet Mail Office in the Irish port.

The three girls are living with British Wrens in quarters which they describe as "home-like and cosy".

## WREN WOUNDED

Gashed in the left hand by flying glass during an air raid, Lieutenant Rosemary Partridge, W.R.C.N.S., of Toronto, is the first Wren officer to be wounded overseas in this war.

While she was in Greenwich, Lieutenant Partridge experienced an air raid during which flying glass cut several Wren Officers who had taken shelter. She has a scar on her left hand to show for the severe gash she received at the time.

## BIRDS OF RESCUE

Parachuting pigeons are being trained by the RCAF to assist stranded fliers who have crashed or been forced down in inaccessible areas, or at sea.

The pigeons will be dropped when search planes have located the stranded airmen but cannot reach them directly. Small parachutes have been successfully tried and once in the hands of the stranded airmen, the birds will simply use their miraculous homing instinct to aid in the rescue.

## CANUCK MARKSMEN

The Royal Canadian Army Cadets gained distinction for the Dominion, by placing second in the annual "Youth of the Empire" rifle competitions conducted by the National Rifle Association of Great Britain during the past year. The competition is open to boys of 12 to 19 years of age, throughout the Empire. Canada's entry, which totalled 3,726 entrants, obtained an average of 67.691. South Africa was first with 78.573 and Great Britain third with 66.196.

## ON THE HOUSE

Warrant Officer James Moore of Windsor, Ont., destroyed an enemy aircraft recently in Italy, by sheer ac-

cident. The Nazi aircraft, believed to have been a ME110, collided in flight with Moore's Boston bomber, burst aflame and crashed. The Boston was only slightly damaged.

"He just popped out of the night and bashed into us," said Moore. "Then he went down in flames and we wiggled home."

## RECRUITING SOARS

One of the first reactions of the public to the invasion was noted in the latest recruiting figures for the Canadian Army (Active), when a sharp upswing in enlistments recorded a new high in weekly totals for the current year. In the week ending June 17, 1,769 recruits drawn from the ranks of men originally called out under the National Mobilization Act, from the public, and from Reserve Army units, joined weekly total previously had been for the week ending April 29, 1944, when 1,410 volunteered.

## SINK OR SWIM

How Able Seaman Stewart McQueen, R.C.N.V.R., of London, Ontario, learned to swim in one not particularly easy lesson was told in a despatch from the Invasion Front. McQueen's assault craft was sunk under him on the beach of Normandy. Defenceless, he and two companions stood on the beach under a hailstorm of shrapnel and machine gun and rifle fire. A beach official ordered them off the beach.

"I can't swim," Seaman McQueen said. "Not a stroke."

"Swim or die. It's your baby, bud." In the wake of his companions, McQueen started off with a great thrashing of arms and legs. Just then a fourth rating stormed after him into the water.

"Hey, chum," the newcomer shouted. "I can't swim. I'm going to hang on to you."

What happened after that wasn't remembered very clearly by McQueen, but his two companions tell of him going by like a paddle-wheel steamer, burdened down though he was, and beating them to the ship by several lengths.

## CARTERPILLER MEN

Most disconcerting thing possible happened to Pilot-Officer F. W. Maas of Renfrew, Ont., when the control column broke in his hands while he was flying at 16,000 feet. Maas and his observer P-O A. Duncan of Toronto were preparing to meet a German raid on the coast of England when the incident took place and the plane began to dive.

Quick work with the emergency hatches got both men free and they



JUDY SHIRLEY

Judy Shirley, who is frequently heard in the British Broadcasting Corporation General Forces Programme, is a special favourite with the Forces in the Mediterranean theatre of war as she has just finished a solo tour of that area. During this twelve months tour she gave shows in Algiers, Tripoli, Per-

sia and Iraq, as well as in many desert outposts in the Middle East, and she has given in all about 1,700 performances to the troops. Listeners will remember her as the original singing-comer of "Monday Night at Seven" (later called "Monday Night at Eight").

## 'HOME TOWN' PAPER

In these hectic days, says the Brampton Conservator, one often wonders what it is that makes the small town paper so much of an attraction and why, in so many cases, it is read so thoroughly from end to end. It is not hard to explain the appeal that any small town paper has for its readers.

The explanation is very simple. The city daily is so crowded with the news of world events that it has no space to devote to the small news items that are so interesting to the small town and rural dwellers. The small, and apparently trifling, items which appear in the home town paper are just what makes it such interesting reading. No item is too large and none too small for the local paper, but it is the small items that its readers look for. That is the reason why the home town newspaper is always so much appreciated by those away from home as well as those at home, and that is why advertising in the home town newspaper produces such satisfactory results. It is read from beginning to end to make sure that nothing of local interest has been missed. Much of this interest is due, of course to the fact that the contents of the home town newspaper tell about people whom its readers know. Interest is always keener when we know the people about whom we are reading. A reader is always much more interested in what is happening when he knows the people.

## CLOSE CALL

After a 500 pound bomb from another machine flying above had crashed through the wing of his Halifax P-5 C.A. Selfe, Edmonton, flew his kite back to England. The skipper ordered the other crew members to bale out and followed himself. All flyers landed safely but the Halifax crashed in the sea.

## TRADES PAY

Canadian Women's Army Corps nursing orderlies will become eligible for trades pay, following qualification at a special four weeks' course given at Chorley Park Military Hospital, Toronto, and an additional two months' instruction and practice in a C.W.A.C. hospital or sick bay.

These days parachute jumping is no more dangerous than jumping off a slow moving bus. Sprained ankles and wrists are down to a minimum, which is largely due to the fact that the parachutes are painstakingly packed. One Flight-Sergeant has been responsible for the packing of 38,000 parachutes and says he has never had one fail to open.

## First Group of Men From Oakville Arrive At Re-Training Centre

Expect 300 Soldiers To Be Stationed At Camp Immediately.

The vanguard of the new Casualty e-Training Centre, to be located in Brampton, arrived there yesterday from Oakville. Trucks and ambulances were used to move the first group of men. It is expected that 300 men will be transferred there immediately.

"We expect to have the Oakville centre completely vacated before the end of the week," an army official stated. The last group of active army personnel was moved from the Brampton training centre a week ago and alterations necessary for the new work have been made.

It is not known at the present time who will command the No. 2 Casualty e-Training Camp here. The name of Lieut. Col. Mustard has been mentioned as a possible camp commandant.

No change has been made in the army detention barracks which adjoin the local camp. It will continue to function separately.

Members of the staff of No. 24 Base Training Camp have been moved to other military camps. A large number of the staff members have been transferred to Sussex, New Brunswick in order to alleviate a critical shortage of instructors. The staff officers are only expected to be stationed in the east for approximately two

months. By last week-end there was only a total of seventeen men "holding the fort" at the old No. 24.

The arrival of the men for the new camp will mean new responsibility for Brampton citizens. Plans are already under way for the re-opening of the Maple Leaf Club. In the future, however, the canteen will place greater emphasis on light recreational activities for the soldiers rather than on dancing.

Many of the men coming to Brampton for the new camp will be veterans with battle experience. The purpose of the re-training centre is to prepare these men for further service in the army or for rehabilitation. The centre will be operated by the Royal Canadian Army Medical Corps.

Headquarters at M. D. 2, Toronto, said yesterday that no definite decision had been announced as to what the Oakville camp will now be used. Unofficial reports have mentioned a three-service convalescent centre as a possibility. Rumors have mentioned possible use of the centre by the C.W.A.C.

## NEW SIZE PICTORIAL REVIEW WITH NEW FEATURES

More interesting than ever! The Pictorial Review, starting with this Sunday's (Aug. 6) issue of The Detroit Sunday Times, will be in new, handy form, with fascinating NEW features—war features, short story, fun features, a wealth of intriguing attractions! Get The Detroit Sunday Times this Sunday and every Sunday, for the New Size Pictorial Review.



Windsor Station (upper) headquarters of the Canadian Pacific Railway's wide flange track system.

Day by day, travellers by the score and citizens of Montreal watch the progress of the new on huge wall maps in the Concourse of Windsor Station (upper right).

A few of the 2,500 employees of the C.P.R., whose offices are concentrated in Windsor Station are shown (lower).

**HISTORIC** Windsor Station in Montreal, nerve centre of the vast Canadian Pacific Railway system, is much more these wartime days than merely a place to get on or get off trains. Under the impact of war and in keeping with C.P.R. traditions of service, many new features for the use of the general public have been added.

Not the least can be viewed in the flag-bedecked Concourse, where four huge wall maps have been installed depicting the Pacific Theatre, the Italian Front, the fighting in France and the Russian Front. Each day brightly colored thumbtacks are re-arranged to show the very latest gains as announced by the army headquarters in each theatre of war. Not only the travelling public, but many hundreds of Montrealers take advantage of this service by means of which they can secure a vivid, up-to-the-minute picture of all the world's battlefronts. The Concourse itself is decorated with all the flags of the United Nations, each one named.

Over 2,500 officers and employees of the C.P.R. are stationed in Windsor Station, which first opened its doors in 1859. Each day between six and eight thousand telephone calls are made over the company's switchboard there, as well as many long-distance business calls over the company's own wires which stretch from Halifax to Vancouver.

Kings and queens, lords and ladies, diplomats, dowagers, immigrants seeking a new life of freedom, young servicemen starting for the far corners of the earth—all these have passed through Windsor Station's lofty portals not only during this war, but in the days of other wars and the years of peace between. Windsor Station is a worthy monument to the world's greatest travel system and the country it so faithfully serves.

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