

# Of Interest to Women



Hello, Homemakers! The adage: "It's not what you do but the way you do it," holds true for making jam during a time when fruit, sugar and time are so valuable. Every preserving season for the past ten years we have been advising homemakers how to make a good jellied product. If you have mislaid your clipping, drop us a request for Hints on Jam Making.

This year we are pointing out the precautions in the use of pectin liquid and pectin crystals. Considering the results of last year's tests along with the instructions of a reliable manufacturer of this product, we have determined measurements to be of particular importance. This "sure-pure" jam is really not any more expensive than the old-fashioned boiling of a combination of fruits and sugar. Another reason for using the commercial pectin method is the poorer quality of fruits this year. Also remember—the only fruits which possess properties for jelling without the addition of another fruit to balance low acid or low pectin content are sour apples, currants, gooseberries, grapes and tart plums.

## HOW TO MAKE JAM WITH PECTIN CRYSTALS

1. Select fully ripened fruit of good flavour and colour, and prepare exactly as directed.

2. Wash, scald and drain glasses and covers. Melt paraffin in a small pot over hot water.

3. Measure sugar into a dry dish to be added later. Measure prepared fruit into a 5 or 6 quart kettle. If there is a slight shortage of prepared fruit, fill last cup or fraction of cup with water. Use same standard 8 oz. measuring cup, level full, for both sugar and fruit.

4. Place kettle containing measured fruit on large electric element turned high. Add commercial pectin crystals, mix well and bring to a boil, stirring constantly with wooden spoon. As soon as mixture boils hard pour in sugar, stirring constantly. Continue stirring and bring to a full rolling boil; then boil 1 minute by the clock. A full rolling boil is a tumbling, steaming boil that cannot be stirred down.

5. Remove from stove, skim rapidly with metal spoon and ladle out immediately. Leave 1/2 inch space at top of each jar. Cover jam at once with 1/8 inch melted wax. When cool, cover with more wax or tin covers. Store in a cool, dry place.

Note: Do not double recipes. Do not vary ingredients or method of preparing fruit. Boil exactly one minute. Do not use any commercial pectin to try to remedy a jam or jelly mix which does not jelly.

When the recipe specifies simmering time, bring mix to boil, reduce heat, cover and simmer. (On large electric closed element turn to off).

## RASPBERRY JAM (10 glasses)

2 quarts raspberries, 6 cups or 2 lbs. 10-oz. sugar, 1 box pectin crystals.

Crush thoroughly or grind fully ripe red or black raspberries. Part of pulp may be sieved if fruit is too seedy. Measure crushed fruit with standard cup to make 4 1/2 cups, adding water to make full amount if necessary. Put in a large kettle and

bring to boil; add exact amount of sugar. Add pectin crystals and stir constantly. Keep boiling 1 minute. Then bottle, cool and seal.

## RED CURRANT JAM (13 glasses)

3 lbs. or 2 qts. red currants 3 lbs. or 7 cups sugar, 1 box pectin crystals.

Crush thoroughly. Sieve one-half of pulp if desired. Measure fruit. There should be 6 cups or 3 lbs. If not exact amount, make up by addition of water. Process according to general directions for pectin jams.

## BLUEBERRY AND GOOSEBERRY JAM (10 jars)

1 lb. of blueberries, 1 lb. gooseberries, 1 box pectin crystals, 5 cups or 2 1/4 lbs. sugar.

Crush fully ripe blueberries and gooseberries. Combine fruits. There should be 4 1/2 cups or 2 1/4 lbs. prepared fruit. Make jam according to above directions using commercial pectin.

## GOOSEBERRY JAM (12 glasses)

2 quarts gooseberries, 7 cups or 3 lbs. of sugar, 1 box pectin crystals.

Crush thoroughly and make sure of 5 cups or 2 1/4 lbs. of prepared fruit. Make up any fraction of amount required by adding water. Follow the explicit directions for using commercial pectin.

Mrs. S. T. asks: How do you top jam with paraffin wax to prevent a crack between jar and wax?

Answer: Leave jam until partially cool, then pour on a thin film of melted wax (having melted it in a can over hot water). Store the jam in a cool, dark place for a day and then cover with a thicker layer of wax.

## TAKE A TIP

1. A food chopper is convenient for crushing fruit.
2. Use new paraffin; old paraffin often causes spoilage.
3. If sugar is weighed, weigh fruit also.
4. Add 1/4 tsp. butter to reduce foaming at time of adding sugar.
5. Use metal spoon to skim jam rapidly.

## COLORADO BEETLE EUROPEAN PLAGUE

BERNE (CP)—Europe is still fighting the Colorado potato beetle, which has attacked potato fields in Alsace and Northwestern Switzerland. From time to time the infestation has spread over France, Holland, Belgium and Germany.

If general infestation should occur this year it would be a blow to one of the principal food crops of the continent, where a bread shortage makes the potato crop a vital one.

Agriculturalists say the beetle came to this continent with the American Expeditionary Force in 1918.

## PORK AND BEANS WIN OUT

The Prices Board has decided that canned pork and beans may be served in public eating places on meatless days—Tuesdays and Fridays. So too may kitchen-prepared pork and beans if only edible fat is used in their preparation. Pork may not be served with these beans.

## Experts Give Insect Killer Rigorous Test

Scientists Seek to Learn Effect of DDT on Fish, Birds and Other Wild Life—Extensive Experiments

WASHINGTON (CP)—DDT, the war-developed insecticide, is undergoing a rigorous trial this summer by scientists seeking to determine whether large-scale use will prove a boon or a menace.

The laboratory men want to learn the effects of spraying DDT from aircraft over forest, field and stream.

It's already known that it can kill a greater variety of insects than any other insecticide known to man. It's been successfully employed against a host of pests which beset man, beast and plant, thus offering wide possibilities for its use in agriculture, preventive medicine, forest conservation and the protection of recreational areas.

But tests also have shown that DDT also can be injurious to many beneficial insects, such as honey bees, as well as to forest parasites and other natural enemies which help to keep other insects under control.

So the scientists want to determine from large-scale tests the effects of the insecticide on these beneficial insects and on fish, birds and other wildlife.

Extensive experiments in aircraft spraying of woodland areas are being conducted this summer by co-operating federal and state agencies in Pennsylvania, Maryland and Nebraska.

The agencies taking part are the Bureau of Entomology and Plant Quarantine and the Forest Service of the U. S. Department of Agriculture; the Fish and Wildlife Service of the U. S. Department of the Interior; the Pennsylvania Bureau of Plant Industry; and the New York Conservation Commission, co-operating in both the Pennsylvania and Maryland experiments.

## Must Await Tests

Until the tests are completed, says Dr. P. N. Annand, chief of the Bureau of Entomology and Plant Quarantine, DDT can not be recommended for large-scale use by aircraft spraying for control of forest pests.

"The large-scale use of DDT against forest pests might upset the balance of nature," declares a statement by experts of the Department of Agriculture.

"This might result in depriving woodland recreational areas of birds and fish. It might cause more harmful forest pests to be prevalent, killing or weakening more trees than is caused by common forest insect pests now held in check by natural enemies. Finally, it might affect food production by killing honeybees and other insects which pollinate some 50 important crops."

The investigators will seek to determine whether birds, reptiles, mammals and other wildlife are injured from feeding on insects poisoned with DDT, by eating foliage covered with the spray residue or by being deprived of food through extermination of insects.

Before areas are sprayed, sample counts of the extent of insect and wildlife in the sections are taken. Throughout the summer, further "census-taking" will be made periodically.

Certain areas will be left unsprayed to serve as "control areas" for comparison.

## HOTEL SHORTAGE ACUTE IN LONDON

LONDON (CP)—Shortage of hotel accommodation in London is more acute this summer than at any time during the war. Some hotels are fully booked for several months.

Thousands of servicemen on leave, repatriated prisoners of war, and civilians visiting the capital now that bombing has ended are crowding every available sleeping space and officials of the Hotel and Restaurants Association say the present position likely will continue for some time.

## CAMP INTO DORMITORY

PRINCE RUPERT, B.C. (CP) — Suggestion that army camp buildings in central British Columbia be used as dormitories for high school students from rural areas was endorsed by Training School Associates convention here.

A joint U.S.-Canadian commission is commencing a five year survey to estimate the power and irrigation potentialities of the 1200 mile long Columbia river in British Columbia and the state of Washington.

At V-E Day, German prisoners in Canada included 2,318 officers, 28,131 other ranks and 3,227 merchant seamen. In the group were 4 generals.

## Common Cold Affects More Women than Men

Survey Shows Consistently More Colds Among Office Workers than Among Factory Workers

The common cold affects more women than men, and hits office employees much harder than it does factory workers, according to a two-year study conducted by Joseph H. Kler, M.D., of New Brunswick, N.J. Dr. Kler's report, appearing in a recent issue of Archives of Otolaryngology, published by the American Medical Association, covers basic and detailed facts about the occurrence of the common cold in industry which, he said, is responsible for more than one-third of the total number of days lost in American factories.

The study among other things, disclosed that:

There is a definite pattern to the incidence of colds, with the highest peak in December and the lowest in July;

There is a definite correlation between temperature and the onset of colds, every sudden drop in temperature being followed in a day or two by a rise in the number of colds;

The highest incidence of colds was found in the age group 20 to 29 years and the lowest in the age group above 50 years. However, the percentage of time-losing colds increased with age;

There were more colds among women than among men;

There were consistently more colds among office workers than among factory workers;

There were fewer colds in air conditioned plants, with the incidence of colds highest in drafty places;

More colds start on Monday than on any other day of the week, this being especially true of colds among men;

Posture is an important factor, with the incidence and severity of colds lowest among those whose work necessitates walking about most of the time;

Smoking apparently has little effect on colds.

## MOST PRICE CONTROL FINES BETWEEN \$25-\$100

A recent tabulation of fines for violations of price control regulations showed that two out of every three fines ranged between \$25 and \$100. In this bracket fell almost 62% of the fines.

But the larger fines were quite important in the scale too—24% of the fines handed out across the country were over \$100.

Smallest group was the fines beneath \$25. Only 14% of the total number of fines were represented in this group.

Looks as if price control fines are fairly substantial. . . it pays to keep away from the black market.

## TROUSER KLEPTOMANIAC

HAMILTON, Ont. (CP)—This city has a thief whose specialty is trousers. On six recent occasions residents have lost their trousers to the house-breaker who steals them while their owners sleep.

# It's Cooling "SALADA" ICED TEA

## TIRES! TIRES! TIRES!

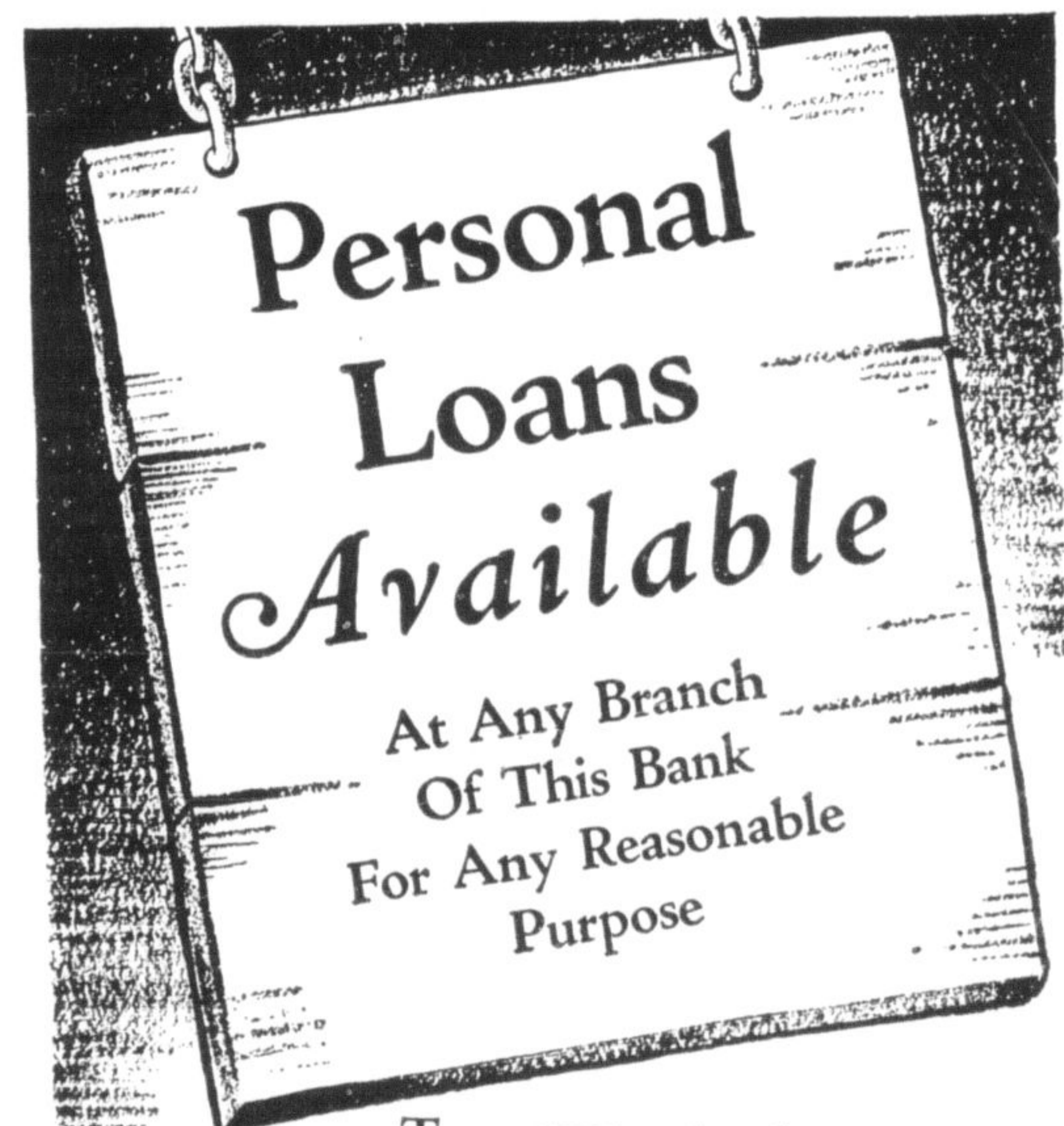
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# WARNING!

to all persons planning to move to

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NEW WESTMINSTER  
WINNIPEG

HAMILTON  
TORONTO  
OTTAWA  
HULL

No person may move to and rent or occupy family quarters in any of these congested areas without a permit from the Administrator of Emergency Shelter.

Before making arrangements to vacate your present home, be sure that you have other accommodation and a permit to occupy it. Applications for permits should be addressed to the Administrator of Emergency Shelter in the area to which you plan to move.

Every person who rents or occupies family quarters in any of these districts contrary to the order, commits an offence and, in addition to other penalties, will be required to vacate the shelter and the district at his own expense.

(Issued under the authority of the Emergency Shelter Regulations, Order-in-Council P.C. 9439, December 19, 1944.)

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