

RIGHT AROUND HOME

by Shirley



This is the time of year when fruits and vegetables are plentiful, the time to look ahead and think about food for the winter. This winter's supply can be obtained by canning or freezing.

Here are a few canning do's and don'ts that we've heard and read about and would like to pass along to you.

Do not unblemished fruit and vegetables, allowing a few hours as possible between picking and canning.

Do use only jars in the best condition.

Do use new rubber rings each year.

Do be sure your equipment is clean before beginning.

Do remember "boiling" means just that—not simmering.

Don't keep fruit and vegetables long before canning. If you must do this, refrigerate them.

Don't use over-ripe fruit.

Don't pack the jars too tightly. Allow 1/2" head space. In the case of peas and corn, allow 1".

Don't use an oven for processing foods in cans or in vacuum-type sealers with metal lids. They might explode.

Grandmother used to make some mighty mouth-watering pickles, fruits and vegetables. But even if you've never done any canning before, you can make them just as well as she did by following a few simple rules.

Be sure all your ingredients are fresh and well washed.

Read your recipes carefully before beginning and follow exactly.

For fruits, use the correct amount of sugar specified to make the syrup unless they are to be done with no sugar at all.

Be sure your jars are sterilized before beginning.

In the case of pickles, white vinegar is the first choice as it keeps them light-colored.

Use pure granulated or pickling salt instead of ordinary table salt.

Pickling kettles should be aluminum, enamelware or stainless steel. Copper utensils tend to turn pickles black.

Our cupboards will be almost bare of fruits and jams, but we are very fond of pickles. Here are two we enjoy the most, Cucumber Relish or Mustard Pickle and Pepper Relish.

Cucumber Relish
12 large cucumbers
4 onions
1 green pepper
1 sweet red pepper

One-third cup pickling salt
1 quart vinegar
1 1/2 cups sugar
2 tbs. mustard
3 tbs. flour
1 tlb. turmeric
1 tlb. celery seed

Peel the cucumbers and cut in cubes. Peel and cut the onions. Cut or chop the peppers. Put the cucumbers, onions and peppers in a crock, sprinkle with one-third cup pickling salt and stir. Let this stand overnight.

The next day, drain any liquid off the cucumber mixture, rinse with cold water and drain again. In a large kettle, combine 1 quart vinegar and 1 1/2 cups of sugar and

bring to a boil. Mix the mustard, flour, turmeric and celery seed with a little vinegar. Add this to the boiling vinegar. Add the cucumber, onions and peppers and heat through. Do not boil. Seal in clean jars.

Pepper Relish
2 cups chopped red and green peppers (about 1 doz. peppers)
1 1/2 cups cider vinegar
7 cups (3 lbs.) sugar
1 6-oz. bottle of fruit pectin

Cut peppers, discard seeds. Put peppers through food chopper twice. Drain. Measure 2 cups, put in very large saucepan. Add vinegar and sugar. Mix well. Place over high heat and boil hard for 1 minute, stirring constantly. Remove from heat and add fruit pectin at once. Skim off foam with metal spoon. Stir and skim for 5 minutes to cool slightly. Ladle into glasses. Cover at once with 1/2" hot paraffin. Makes about 10 medium glasses.

If you enjoy cooking and baking, why not enter some of the classes in the Milton Fair. If you are wondering about the classes open for competition and don't have a prize list, call Mrs. G. E. Readhead, secretary, for information.

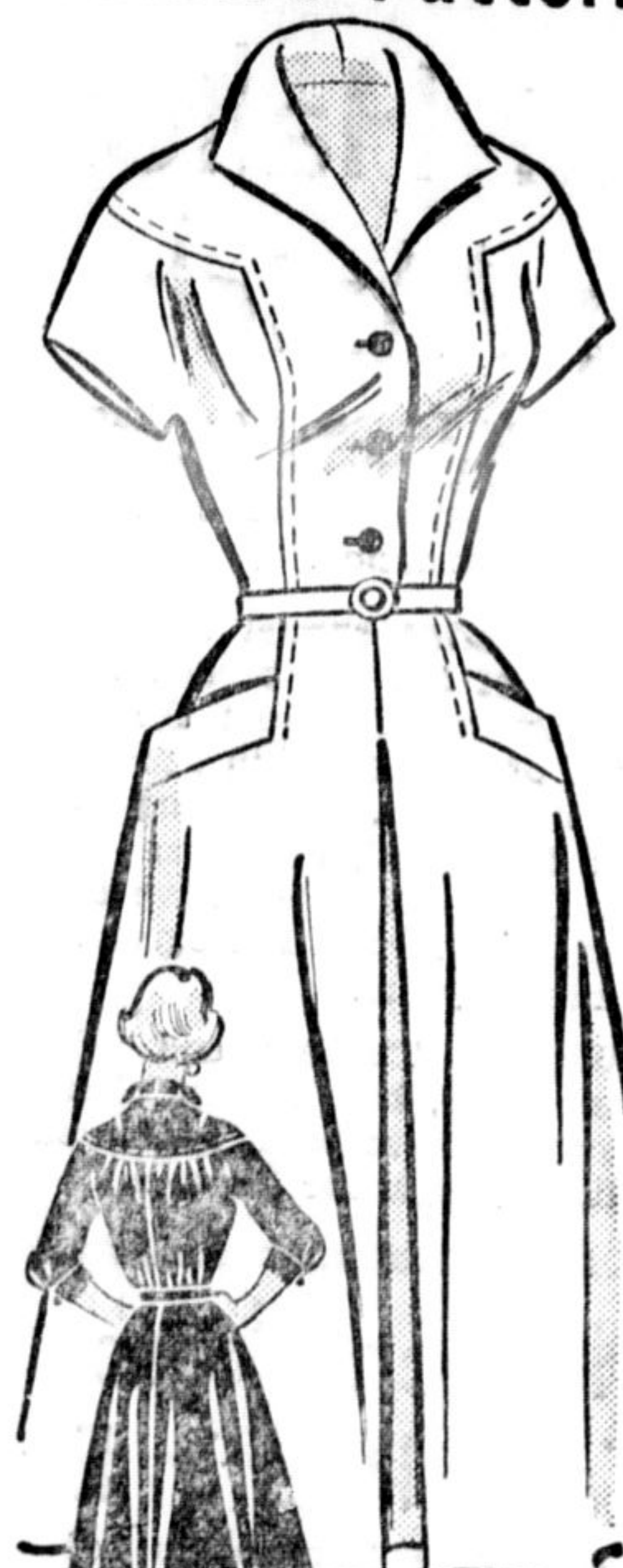
Next week we'll have a couple of suggestions for a quick meal for Fair day. The idea is to let Mom out of the kitchen a little earlier.

Don't forget to tell us about your favorite recipes or helpful hints. Send your ideas to Shirley, Canadian Champion, Milton.



MOUNT PLEASANT United Church was the scene of the marriage of Miss Janet Louise Devlin, daughter of Mr. and Mrs. Edwin J. Devlin, to David Michael Pelletterio, son of the late Mr. and Mrs. Frank Pelletterio, Milton, recently.

Fall Favourite Printed Pattern



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It's our new Printed Pattern—in your favorite shirt-dress style! Graceful yoke with soft back fullness, easy-fitting skirt. Its flattering lines are a cinch to sew—directions are printed on each pattern part!

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NO JAIL

PELEE ISLAND, Ont. (CP) — John H. Nicholas, police officer of this island in Lake Erie, hasn't made an arrest in 15 years. Anyway, there's no jail on the island.

Since 1951 the cost of operating the CBC has increased from \$9.5 millions to more than \$40 millions.

stretch, or TV, if the family owns a set. Listening to the radio, singing favorite songs, making up and telling a story are all activities which are "easy on the eyes."

Children love handicraft and a small patient needs crayons if he likes to color, blunt scissors for cutting out pictures or designs, and other play material. Simple weaving, sewing or knitting are other possible occupations. If there is a portable phonograph in the house, a child can have many happy hours playing it himself. A big calendar on the wall, with each day stroked off at night time, makes a child feel that his time for being in bed is passing.

If you have a sick child on-the-way-to-good-health again in your home, try to give him happy memories of that time.

For Parents Only

Convalescent Child

by Nancy Cleaver

The best part of being sick is that Mummy took time to read aloud to me... stories and poems. I liked A Child's Garden of Verses because there was a little boy in it who had to stay in bed for a while, too. Tommy told his chum when he got well again.

Robert Louis Stevenson writes of "the pleasant land of Counterpane" and it is a mother who makes the difference between convalescence being a happy or a boring time. It is hard for her. Extra demands are made on her time, energy and patience. But a parent and child are often drawn closer to each other during sickness.

A sick child needs more attention than a healthy one, but parents must not allow him to become a small dictator. If he is an only child, or if his illness has been serious and they have been very anxious about him, this can easily happen. Nor should the parent, in his zeal to get the child better, assume the dictator's role.

In the first place, it is well for a mother to realize that her own attitude is of tremendous importance. A mother just has to keep her courage up and look on the bright side at a time of family upheaval. Junior is sick but he will get better. His recovery will be a lot more pleasant and quicker, too, if he does not suspect that mother is worrying about him.

Fatigue, with the extra work of a patient in the house, is sometimes so great that a mother finds it very hard not to be irritable and depressed. For that reason, she should cut out any unessentials in her day and plan to get in a little more rest.

The doctor's orders should be followed implicitly. A mother should make sure she understands clearly his instructions and then follow them to the letter. Friends and neighbors—and relatives, too—may think they have wiser ways of treating this particular illness. A parent may have to listen politely to their ideas, but hold fast to the resolution that the doctor is the person who is in full command of a child's recovery.

Map out your child's play so that there is a routine which is followed with time to wash, breakfast, tidying up the patient's room, free time for Junior to amuse himself, a fruit drink, more free time, dinner with a rest after his meal and definite things to do during the remainder of the day. If Junior can write, he may enjoy working out with Mother his own schedule, and tacking his own copy up on the wall. A day broken into different hours of purposeful activity does not seem to stretch out endlessly.

A patient, even a young one, should learn to spend part of his time happily by himself. A mother must be careful that her child's eyes are not strained by reading or handiwork during a convalescent



Teatime Topics

Every new mother needs to give extra time to her looks. The wise young mother will map out a routine that enables her to use some of the time while her infant is asleep to improve her appearance.

First step to take is daily exercise to tone the muscles. Two are recommended by experts. The first is to get down on hands and knees and crawl around the floor for a few minutes. This helps bring muscles into their proper place and will aid in removing aches in the sides and back.

SLIMMING AGAIN

To get the waistline in place the second exercise entails standing against the wall with the back absolutely straight and arms spread forward. Stand away from the wall, kick the right leg up so that it touches the left hand. Repeat with the left leg and right hand.

For personal cleanliness, bathe or shower either in the morning or evening. It's a wonderful treatment to get rid of the kinks that develop from bending and stooping to take care of the baby.

A weekly shampoo is a "must". A shower is the answer here to save time.

Nail care shouldn't be neglected. With hands in water so often when a new baby is around a good idea is to push back the cuticle occasionally after drying the hands. The nails should be smoothly filed too.

ALL CAN HELP

The Unitarian Service Committee launched its annual appeal Sept. 10, with an objective of \$140,000 to fulfil overseas commitments. Dr. Lotta Hitschmanova founded the Unitarian Service Committee in 1954 to help orphans in war-shattered Europe.

In response to a United Nations' request, the USC is also appealing for 25,000 baby layettes which can be made from odd material around the house. Diapers, nighties, jackets and vests are urgently required to complete the sets for which the USC will purchase 25,000 crib blankets.

WILL SUPPLY WOOL

For those who prefer to knit, one of the key projects is to provide long-sleeved pullovers for children between three and 15. The USC will supply wool to willing workers upon request from Ottawa Headquarters.

The USC has promised to construct an Out-Patients Pavilion for a TB hospital in Seoul, a summer camp for pre-tubercular children in Greece and to supply 10,000 pounds of powdered whole milk for babies in Korean institutions to fight malnutrition.

These are a few of the highlights of the 1957-58 self-help program of the USC.

The USC, 78 Sparks Street, Ottawa, will be asking for help to continue these and other vital projects. It is depending on Canadian women to help carry out their campaign of relief and rehabilitation. Even the smallest donation can mean new hope in spots where there is darkness and despair.

Gay Stitchery



by Laura Wheeler

Brighten your home, sweet home with this charming old-time sampler. It's a wonderful way to display your needlework talents.

Easy cross-stitch and other quick embroidery. Pattern 720: transfer of sampler 12 x 14 1/2 inches, color chart, directions.

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MILTON DAIRY

David M. Pelletterio, Milton Weds J. Delvin, Mount Pleasant

Baskets of white and colored gladioli adorned the United Church at Mount Pleasant for the marriage of Miss Janet Louise Devlin, daughter of Mr. and Mrs. Edwin J. Devlin, to Mr. David Michael Pelletterio, son of the late Mr. and Mrs. Frank Pelletterio, Milton. Rev. Howard Strapp officiated.

Mrs. W. H. Fair played traditional wedding music and accompanied the soloist, Mr. Howard McEwan, who sang The Lord's Prayer and O Perfect Love.

The bride was given in marriage by her brother, Mr. George Devlin, Montreal, owing to the illness of her father. Her floor length gown was an original model of French lace and nylon tulle over duchess satin, styled with basque bodice featuring a portrait neckline and long petal pointed sleeves. The full skirt of lace and tulle fell into a chapel train.

Her fingertip veil of tulle illusion was caught to a pillbox head-dress of French lace. Her cascade bouquet was a single white orchid, white stephanotis, variegated ivy and a sprig of white heather from Scotland. For something old, the bride wore a pearl sunburst brooch that belonged to the bridegroom's mother. Her single strand of pearls was a gift from the bridegroom.

The matron of honor, Mrs. James K. Gowman, wore a street length gown of old rose Swiss peau-de-soie with full gored skirt and scoop neck. She wore a matching headress and carried a cascade bouquet of white Shasta daisies and variegated ivy.

Miss Beverly Fleice was bridesmaid in a gown of turquoise Swiss peau-de-soie identical to that of the matron of honor. Miss Anne McEwan, niece of the bride, was flower girl. She wore a dainty miniature of the other gowns. Both carried cascade bouquets of white Shasta daisies and variegated ivy.

Groomsman was Mr. Ronald Cameron, Thamesville. Mr. Peter Lindley, Burlington and Mr. Gordon Graham, Georgetown, were ushers.

At the wedding reception in the Sunday school rooms of the United church, the mother of the bride received in a dress of muskrat brown antelope crape with accessories of walnut brown. Mrs. Robert Wheelband, sister of the bridegroom, received in a dress of brown shantung with moss green accessories.

For travelling to the Eastern United States, the bride donned a brown tweed suit with gold and brown accessories completed by a corsage of gold Pinocchio mums.

Out-of-town guests were present from Toronto, Watford, Montreal, Buffalo, Milton, Burlington, Guelph, Thamesville and Georgetown.

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THE WEEK AT OTTAWA

by the Canadian Press

(Continued from Page Ten)

Australia and New Zealand are major Commonwealth exporters of dairy products. Canadian skimmed milk producers have expressed concern over growing surpluses and weakening markets. Although price support measures have been granted, the border has been left open to imports.

New Zealand has made a shipment of some 2,000,000 pounds to Canada which the Canadian government has purchased as a price stabilization move. Now Australia is preparing to make a shipment to Canada which the Canadian trade

may purchase at less than the Canadian market price.

Meantime, government skimmed milk stocks have increased. It announced last week that it will sell its stocks at the same price as it paid for them, absorbing storage costs. They will be sold in carlots at 17 cents a pound for the spray process and 14 cents for the roller process.

The government was reported to have between 7,000,000 and 8,000,000 pounds of the dairy products on its shelves, including its purchase from New Zealand.

SPECIAL CLASS
BRANTFORD, Ont. (CP) — Bright students here will receive special attention in an experimental education class opened at Agnes Hodge public school. The 36 students will come from grades 5 and 6.

The mineral-rich Precambrian Shield, shaped like an inverted horseshoe with Hudson Bay as its center, covers nearly half of Canada.