

# About the House

## RECIPES FOR JAM MAKING.

Canadian housewives should make all the jam they can this year, but they should do so with the minimum of sugar. The Canada Food Board has issued regulations governing the use of sugar by public eating-places, candy manufacturers, ice-cream manufacturers, bakers, confectioners, etc., and these have resulted in an aggregate saving of a very large quantity. This saving has been increased by voluntary economies in private homes. The Anti-Hoarding Order providing limitations on holdings of sugar also has been effective. The Food Board has been able to arrange for a number of ships to carry raw sugar to Canada. The cumulative effect of all these measures is that a sufficient supply for the canning and preserving season seems now to be assured.

In order that the maximum use may be made of our fruit crop this year in all parts of Canada, housewives are asked to use no larger proportion of sugar than is needed for preserving and jam-making. The recipes in this article have been prepared by experts, having in mind the use of those proportions of sugar which will give the best results. No more sugar is required than the amounts stated in the recipes given below.

**Strawberry Jam.**—8 lbs. strawberries, 6 lbs. sugar. Mix the strawberries and sugar in a kettle and let them stand over night. In the morning set the kettle over the fire on an asbestos mat, and bring the contents slowly to a boil. Do not stir the fruit any more than is absolutely necessary. Boil gently without stirring until it is sufficiently thick and then put it away in sterile jars.

**Currant Jelly.**—4 lbs. currant juice, 8 lbs. sugar. Boil the currant juice without the sugar about 10 minutes, or until the quantity is reduced. Heat the sugar in the oven, and add when very hot to the liquid, so that the temperature will not be greatly reduced. When all is dissolved, bring to a boil again, and continue from three to five minutes. Test, and when done remove and put away in unsealed jars. When cool, seal with melted paraffin.

**Apple and Plum Jam.**—4 lbs. crab apples; 4 lbs. plums, 6 lbs. sugar. Cut the crab apples into quarters and cook in just sufficient water to extract the juice. Strain through a double cheese cloth, and add the sugar to the crab apple juice. Put over the fire and bring to a boil. Stir until the sugar is melted. Then add the plums, and boil until the plums are thoroughly cooked.

Note.—Other apples can be used if crab apples be not obtainable, but on no account must the skins and cores be taken away, as the pectin is contained largely in the cores, and directly under the skin. Any sweet plum can be used for jam. The Damson is considered quite satisfactory. Because of its acid nature, the Lombard plum will not make a good jam with the proportion of sugar prescribed above.

**Plum Jam.**—8 lbs. plums, 6 lbs. sugar. Put the plums and sugar together in a preserving kettle over the fire, with just sufficient water to start the cooking. Boil gently until the fruit is thoroughly cooked. Stir as little as possible.

**Black Currant Jam.**—For 1 lb. of fruit, not over ripe, allow ¾ lb. of sugar. Put the currants in a granite saucepan and mash to allow the juice

to escape. Add no water. Bring to a boil, stirring occasionally to ensure that all the fruit is being cooked, and to prevent burning. Cook without sugar until the quantity is reduced and the fruit is all broken. The time will vary with the quality of the fruit. Heat the sugar in the oven and add to the fruit, stirring until it is all dissolved. Then boil without stirring from three to five minutes. Remove from the fire and put into sterile jars, glasses or stone crocks. Seal when cold, by pouring melted paraffin over the top. In making Black Currant Jam, the sugar must not be boiled from the beginning with the fruit, as in some jams; otherwise the currants will become hard and unpalatable.

### Little Points in Canning.

Keep the water at a jumping boil and do not allow the fire to die down for an instant while cans are in the canner.

Keep the cover on the canner during every moment of the processing time. Steam plays a large part in cooking the contents of the can.

Greens or green vegetables are most satisfactorily blanched in steam instead of hot water. Use a steam cooker or put the products in a colander and set them over a vessel of boiling water, covered tightly.

To prevent bleaching or darkening of products packed in glass jars, wrap jars in paper.

Examine jars and cans occasionally during the summer to detect any sign of fermentation, leaking, or swelling.

The flavor is often injured by letting peeled fruit stand too long before cooking. Prepare at one time only as many cans as can be processed immediately.

In seasoning it should be kept in mind that most vegetables, as well as meats, are injured in flavor by an excessive use of salt in the canning process. A little salt is very palatable, but it is better to add no salt in canning than to use too much. It can be added to suit the taste when the canned products are served.

Mold may develop on canned goods if the seal is defective, if after sterilizing the tops are removed from the jars to replace the rubber rings, and if the jars are kept in a damp place where the rubbers may decompose.

Success in canning depends upon:

1. Fresh fruit and vegetables.
2. Perfect fruit and vegetables.
3. Good jar bands.
4. Airtight lids.
5. All water must be boiling violently.

6. Time must be accurate in the cooking in the jars.

Dry all foods which cannot be canned at 150 degrees F.

Test with a soda cracker closed in the jar of dried food. It should stay crisp. If it becomes limp, dry the food over again.

Dry food is leathery, not crisp. Soak all dried foods at least six hours before using, and cook in the water in which they were soaked, in order to retain all the valuable mineral salts.

Keep dry foods in jars that would not do for canning or in empty can with removable tops, which have been boiled in washing soda and water to remove any strong odor.

Every ounce of food which a woman conserves releases a corresponding amount for the woman who has not the opportunity to store away food.

vance. The enemies we fight are less tangible and perhaps more insidious. Hunger is one of them; idle, depressing conversation is another. Second only in importance to keeping the army at full strength is that of producing and conserving food. Men are being called from farms as well as from every other producing industry. Our reserves are being moved into the front line. But, even if the line is getting thinner, do not get an attack of "nerves" and think of throwing up your hands or of running away. Try some rapid fire in the producing line. Show your skill in grouping your shots on the most dangerous targets. If your implements are "jammed" from want of help, join up with your neighbor who may be in a similar plight. Such team-work may keep two farms from being useless in the fight for freedom. Or if male labor is out of the question, enlist the women. Thousands of British women have been on farms during the past two years and if the need arises Canadian women will be no less dauntless. Shoot quickly, shoot to hit and keep on shooting.—A.D.

### 400,000,000 Short of Food.

In Europe to-day 400,000,000 people are short of food. One-third of the world's population is now on short rations.

### The Best of Mediums.

You may talk about your posters and your ads upon the fence, But they ain't the kind of mediums that appeal to common sense; You may talk about your dodgers, and your circulars and such, But I calculate they don't assist an advertiser much; And especially in winter, when the snow is on the ground, I wonder where your posters and your dodgers can be found? But within the cosy homestead when the parlor stove's aglow, The newspaper is read aloud to everyone we know.

The farmer sees the painted sign upon the barn and grins; Two dollars yearly for the space he usually wins, And there his interest in the ad begins, and there it ends, And the same is true of nearly all his neighbors and friends; But they read the local paper every day or every week, And in its welcome columns all their information seek, And you may be quite certain that the ads therein displayed Are also read with interest and are sure to make some trade.

It stands to reason, anyhow, that what a fellow buys, He's going to read and get his money's worth, if he is wise. The father, mother, uncle, aunt, the daughter and the son, Are going to read the newspaper, and so is every one, So it also stands to reason that a local merchant's ad Will there attract attention, be it either good or bad. And the newspaper as medium leads all other kinds with ease, For that is where the multitude the advertisement sees.

### SCIENCE CAN AID INDUSTRY.

#### An Example of Business Blindness in Great Britain.

In several British industries, native raw materials are now being utilized where, before the war such materials were imported from the continent simply because the manufacturer did not happen to know that ample supplies of the same were at his very door, a fact of which he would have been informed had he consulted competent scientific authorities. This is well illustrated in the case of one of the largest steel corporations of England which, until 1914, had been importing from Austria, through a German firm, a certain material for lining its converters. When war was declared it congratulated itself on the fact that it had a two years' supply on hand. As time wore on, however, and the supply diminished, complacency gave place to anxiety. Finally, the directors decided to call on scientific advice. They were referred to the geologists who informed them that a bountiful supply of the material in question was available in the immediate vicinity of their own plant. The information was acted upon, a shaft was sunk at no great distance from their furnaces, and, as a result, the company is now mining in sufficient quantity on its own account the material formerly imported from Austria at many times the present cost.—Prof. J. C. Fields.

### TORONTO FAT STOCK SHOW.

The Toronto Fat Stock Show, who are running an advertisement in this issue, have been steadily adding to their premium list, and this year are offering a prize for the best carload of cattle in the show. A few months more feeding might land this for one of our feeders. The cash premium and the big price always obtained in auction sale of prize winners would more than recompense him for the additional time and feed required.

### CANADA'S NEW PARK.

#### Point Pelee Contains Beautiful Woodland and Lake Scenery.

Point Pelee, the most southerly portion of Canadian territory, jutting out from the lake shore of Essex county, Ontario, into lake Erie for a distance of about nine miles, has just been created a National Park by the Dominion Government, to whom the land belonged. The creation of this park for the protection of its distinct and attractive tree and plant life and the wild life it harbors permanently and during certain seasons, was recommended by the Commission of Conservation and the Advisory Board of Wild Life Protection; the Canadian Society for the Protection of Birds and the Essex County Wild Life Conservation Association also advocated its creation. In the Ninth Annual Report of the Commission the main features of the Point are described as follows:

"Not only is it the most southerly point of Canada, geographically, and in the character of its birds, trees and plants, but it constitutes one of the concentration points in the northern and southern journey of our migratory



### In The Hammock.

"What an idea!" exclaimed Grandma Sloan, in great amazement. "Just one night!" teased Merville. "The house is the place to sleep," said Grandma Sloan, with much firmness. "But I can sleep in the house when I am at home in the city," said Merville. "Here in the country I want to do something different."

"What is all this about?" asked Grandpa Sloan, who came into the kitchen just then.

"Why Merville wants to sleep outdoors!" explained Grandma Sloan.

"Well, a bed is good enough for me," laughed Grandpa Sloan, "but if Merville wants to sleep in the trees with the birds, or in the pasture with the calves, why not let him try it?"

"I don't want to sleep in a tree or in the pasture," said Merville, "but in the hammock."

"I'm afraid that he will roll out, or that he will catch cold," said Grandma Sloan.

"If he rolls out he can get back in again," said grandpa, "and it is too dry and warm to worry about his catching cold."

Of course Merville had his way, when he had grandpa to take his side, and so it came to pass that when bedtime came that night he took a pillow and a blanket and made his way to the hammock, between two trees in the garden.

There were no lights in the rooms of the house on the side next the garden, but that did not trouble Merville—at first. It was much better than going to bed in the little room at the head of the stairs. He did not want to go to sleep; so he tried to keep awake by counting the stars. He was doing very well, although the little wind that waved the branches overhead bothered him somewhat, when he suddenly noticed that the frogs at the foot of the hill were croaking much louder than usual. Why was that? Well, frogs were only frogs, and of

course they would not harm anyone, even though there were a million of them, and all of them were big, fat bullfrogs, croaking their loudest. But it was strange that they were so much noisier than usual to-night.

And the crickets, too! The grass seemed to be full of them, all fiddling frantically. Anyway, they would stay in the grass and would not try to sting him as the mosquitoes did. To be sure, few mosquitoes had troubled him yet, but they might be along in swarms any minute; so he pulled the blanket over his head, and after that the frogs and crickets seemed to make less noise.

But later—he did not know how much later—a noise awakened him. He knew where he was, but he had such a funny feeling inside! Perhaps he was sick. He sat up in the hammock and rubbed his eyes. It was very dark. Clouds covered the friendly stars. A big wind was blowing through the branches overhead, and something was moving under the trees in another part of the garden. Merville could hear it, and he felt sure that it was moving his way. What could it be? A burglar or a bear. The question did not seem at all silly to him.

But in another instant he had slipped from the hammock, run to the house and was banging with both fists on the verandah door.

"Well, well!" said Grandpa Sloan when he opened the door. "What's this? Aren't you going to sleep in the hammock, after all?"

"I thought I'd come in," said Merville, "and besides, it's almost morning, anyway."

"Oh, no!" laughed Grandpa Sloan. "It isn't half past nine, and I was just going out to get the colt in. I left him feeding below the garden, and forgot all about him after supper."

Merville climbed the stairs to his little room. It seemed a delightful place to sleep, after all.

### The Safest Investment

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will this year offer large premiums for classes of 3 steers; must be fed ninety days by owner.

Premium List ready August 1st.

For further particulars write the Secretary, c/o Union Stock Yards, Toronto.

## WOOL

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**ASK ANY FARMER!** who has sold his wool both ways, and note what he says—or, better still, write us for our prices; they will show you how much you lose by selling to the General Store.

We pay the highest prices of any firm in the country and are the largest wool dealers in Canada. Payment is remitted the same day wool is received. Ship us your wool to-day—you will be more than pleased if you do, and are assured of a square deal from us. 2

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