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Secrets of Preserving Fruits Really Simple

Jams, Marmalade and Conserve are Included in the Process, Which After All, is Not a Secret to Those who have Studied the Matter or Learned from Others.



(By EDITH M. BARBER)
What do you mean when you use the word preserve? Perhaps you use it to cover all the fruits you can with a thick or thin syrup or make into jams or jellies. The word preserve, in its general sense, is often used to cover canned vegetables as well as fruits. Out grandmothers, however, when they served "preserves" meant fruit canned in a rich syrup.

Large fruits were cut into big pieces and berries and cherries remained whole. The syrup from these fruits is not jellied. This is the way we expect to have preserves to-day when we make them ourselves or buy them. Three things I make myself deserve this title. They are sun-cooked strawberries, cherry and quince preserves.

The terms jam, marmalade and conserve are used indiscriminately both by the housewife and manufacturers. Jam means to most of us crushed fruit cooked with sugar. Marmalades contain

fruits cut into pieces. The word conserve may cover the same thing, although we often find mixed fruits and sometimes nuts are added.

Going back to the sun-cooked strawberries. City people will probably like to use that recipe, which calls for a moment's cooking of the berries and sugar together and then demand only a few hours in a sunny window.

When I was a girl I loved to turn the old-fashioned cherry pitter, which was an heirloom in our kitchen. When the cherries arrived from the country we would take them out to the front porch to stem them and usually were fortunate enough to commandeer help from the neighbours. Although front porches are out of style now, they certainly had their uses. There was not much temptation to indulge in the sour cherry, so my mother did not object to our volunteer help. Strawberries, however, were never allowed to go on the front porch for hulling.

To-day, when fruits are in season for such comparatively long time, we do not go in much for wholesale methods. We buy four or five quarts at a time and make up enough to fill our winter needs.

There was an informal fruit exchange in our neighbourhood, and we were experienced judges of the comparative merits of Mrs. Wood's spiced cherries and Mrs. Caldwell's spiced grapes. When the sewing club met in summer my mother's friends exchanged recipes for preserves and wondered why raspberries would not "jell." Of course, there was no such thing as commercial pectin at that time.

No one knew anything about tests for pectin content then. Cup for cup was the usual recipe as far as sugar and juice were concerned. Now we know that we can test our fruit juices for pectin, which is essential for jellifying, by putting a tablespoon of juice with a tablespoon of alcohol. After a stiff jelly is formed which can be lifted on a spoon a cup of sugar may be used for a cup of juice. If the mixture jellies, but breaks easily, three-quarters of a cup of sugar to a cup of juice is indicated. Of course, you may use the modern method combining fruit with bottled pectin, which is merely concentrated apple juice, and make a jelly which will always jell, if you follow the directions

absolutely. In an old-fashioned day raspberry and currant juices, apple and elderberry juice and peach and apple juices were mixed together in order to supply the lacking pectin.

Sun-Cooked Strawberries
Select firm ripe strawberries. Use equal quantities of sugar and berries. Place the strawberries in a preserving kettle in layers, sprinkling sugar over each layer about two inches deep. Place on stove and heat slowly to boiling point, skim carefully and boil rapidly for two minutes. Place berries in single layers, with juice, on a shallow platter. Cover berries with a glass dish or with plain window glass. Let stand in hot sun from eight to twelve hours. Pack in clean, hot jelly glasses or jars and seal. The platters with the strawberries may stand uncovered in a sunny window rather than in the outdoors.

Preserved Cherries
4 pounds cherries
4 pounds sugar.
Wash cherries, remove the stems and stones. Cover with sugar and let stand two hours. Set on stove and bring slowly to a boil, stirring occasionally. Cook until the cherries are tender. Fill hot jars and seal.

Note—Currants and huckleberries may be preserved in the same way.

Strawberry Jam—Long Process
Pick over berries and remove hulls. Weigh berries and for every pound of fruit allow three-quarters pound of sugar. Place berries in a preserving kettle and mash fruit as it heats. Bring fruit to boiling point, stirring frequently and crush in any berries which still remain whole. Add sugar to the fruit and boil together until thick (not over twenty minutes), stirring to prevent burning. Pack into clean, hot jars and seal immediately.

Blackberries, raspberries, or loganberries may be used in place of the strawberries in this recipe.

Tutti Frutti
All summer fruits may be used in this recipe. As they come put them in a stone crock with an equal quantity of sugar which is put in layers between the fruit. Add enough brandy to dissolve the sugar each time it is added. Keep covered in a stone crock in a cool place.

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Suggests Another Cure for Cutworms

Local Man Finds Liquid Ammonia Kills the Pests.

Timmins, Ont., July 25th, 1936.
To the Editor of
The Advance, Timmins, Ont.

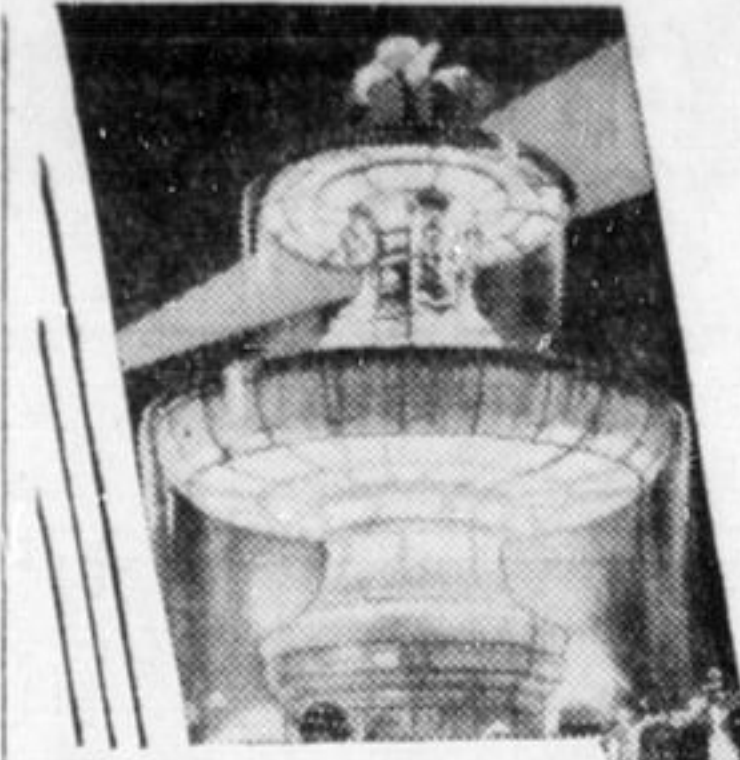
Dear Sir:—I have been reading in your paper about the worms which are eating all the plants in the gardens and I was wondering if my remedy is any good. You see the worms down our way are aristocratic worms and as I can't afford to buy expensive seeds the worms leave us alone.

However, all jokes aside, our garden was coming along splendidly until the frost came and nipped our potatoes, and as they are growing again we did not worry. Potatoes can take care of themselves. But my wife told me that caterpillars were among her flowers and I tried a remedy which was passed on to me a few years ago.

I took a tablespoonful of liquid ammonia and mixed it with a pail of water and poured it between the rows of the plants. Provided it is not allowed to touch the leaves of the plants this will not only keep the worms away but will also make the plants grow.

By this method we have brought almost dead plants back to life.

Our potatoes were in bud before we noticed the worms were there. If we had noticed them before we should have taken common salt and strewn



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between the plants. This kills them off when they come up to eat.

Every man has his own remedy, I think, and as long as it is effective that is the main thing.

There is only one thing wrong that I can see concerning the article about flowers growing better for people who love them, and that is this:—

The lady who wrote it said the man who told the tale was looking at his shoe and spoke in a shy manner as though he was afraid of being laughed at. I read that idea about the flowers 17 years ago and I have been telling it on an average of about three times a year ever since.

If anything is worth while it should, in my opinion, be advertised and a thing like that is not a matter of mere gossip or tale telling but a scientific fact, and as such it should be talked of and not murmured by a man while looking at his shoes.

I remain,
Yours most sincerely,
A. J. Doling

NEW LISKEARD MAN HURT WHEN CAR LEAVES ROAD

Lorne James was seriously injured last week when his automobile left the Ferguson highway four miles north of Liskeard. The car turned over four times. A passing motorist took the injured man to the hospital where it was found he suffered severe injuries, but is reported as recovering. When found by the passing motorist, Mr. James was unconscious from loss of blood, an artery in his face being severed in the accident, as well as other injuries sustained.

Try The Advance Want Advertisements

Pies Take Important Place in Menu To-day

Some Pies that Will Delight Pie-Lovers. And World is Full of Them!

(By Barbara B. Brooks)

Disproving old truisms seems to be the chief joy of modern cookery experts. Many food ideas have been changed by recent research and, because of this, menus have undergone startling transformations. The well-planned meal now is vastly different from that of grandmother's day and pie holds a prominent place upon the menu.

Pie at one time was considered to be no fitting dessert with which to finish a heavy meal. Many hardy souls ate it at breakfast and felt that this fortified them for a day of hard labour. But at night they ate scantily and shunned pie on their dinner menu. They thought it suitable only for a holiday fare.

Then a new feeling for pies began to be noticed. Apple, pumpkin and cherry, while still general favourites, were modified and modernized. Other pies unheard of 20 years ago came into being. Pies were in again, and this time they were here to stay. Newer types followed the air-minded trend of our times and became fluffy, light, chiffon creations. (For whoever heard of a chiffon pie in pre-war days?)

An amazing and appetizing variety of pies is now offered to us. With this variety we can add sparkle to our menu and complete our dinner, rather than end it with "that sinking feeling." Here are some distinctively new pie ideas for occasions great and small.

Pecan Pie
1 all-bran pastry shell
Egg white
3 eggs
1 tablespoon sugar
2 tablespoons flour
2 cups light corn syrup
1 teaspoon vanilla extract
1/2 teaspoon salt
1 cup whole pecan nut meats.
Prepare all-bran pastry shell. Brush lightly with beaten egg white. Beat eggs until light. Combine sugar and flour and add to eggs; mix well. Add syrup, flavouring and salt. Sprinkle pecans in prepared pastry shell and add filling. Bake in a moderate oven (375 deg. F.) for about 45 minutes. Yield: One 9-inch pie.

All-Bran Pastry
1/2 cup all-bran
1 1/2 cups flour
1/2 teaspoon salt
1/2 cup shortening
5 Tbsp. cold water (more or less)
Roll all-bran until fine and combine with flour and salt. Cut in shortening. Add water, a little at a time, until dough is moist enough to hold together. Roll out on lightly floured board to about 1/8 inch in thickness.

For Pastry Shell: Place loosely in pan. Trim edge of pastry, leaving about 1/2 inch beyond rim of pan. Fold extended edge under and flute. Prick pastry shell with a fork and bake in hot oven (450 deg. F.) from 10 to 15 minutes. Yield: One 2-crust pie or two 8-inch pastry shells.

Fresh Raspberry Pie
1 quart red raspberries
1 1/2 cups water
1 cup sugar
1 1/2 tablespoons cornstarch
1 tablespoon gelatin
1/2 cup cold water
1 tablespoon lemon juice
1/2 teaspoon salt
1 10-inch corn flake crumb pie shell
Wash and pick over raspberries. Cook one cup of the berries with 1 1/2 cups of water until soft. Mix sugar and cornstarch thoroughly; add strained hot liquid from cooked berries, stirring constantly. Cook and stir until thick and clear. Add gelatin which has been soaked in 1/2 cup water. Add lemon juice and salt. Cool until mixture begins to thicken, then add remaining berries. Turn into corn flake crumb pie shell. Chill. Serve with sweet whipped cream if desired. Yield: One 10-inch pie.

Crumb Pie Shell
1/2 cup butter
1 cup fine corn flakes or rice krispie crumbs
1/2 cup sugar
Melt butter in pie pan. Add sugar and crumbs. Mix thoroughly. Press mixture evenly and firmly around sides and bottom of pan. Chill before adding filling. Yield: One 8, 9 or 10-inch shell.
Roll or grind 4 cups corn flakes or 3 cups rice crispies to yield 1 cup fine crumbs.

Believe Many Forest Fires Set to Make Employment

According to the opinion credited to Peter McEwen, chief forest ranger for the Sudbury district, many of the forest fires in the area are suspected as of incendiary origin. The theory is that some of the men employed in fighting the fires may have started other fires to assure further work in the fire-fighting line. Fires near Gogama have been almost established as being of this type of origin. A number of transients used in fighting fires had been released from the work and made their way back to cities and towns along the railroads. Later a number of fires were seen along the tracks, some of them with dry wood piled on them. In other sections it was impossible to understand how fires could jump against the wind as they seemed to do. Investigation is being carried on very carefully in all these cases to determine the facts of the case, but the enquiries are more or less handicapped because the transients have scattered here and there and it is almost impossible to trace them with any great degree of success.

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The Household

by Lydia Le Baron Walker

MARY E. EVANGELINE WALKER

Note the various finishes about these tailored cushion covers. TAILORED CUSHION COVERS AND THEIR DISTINCTIVE FINISHES AROUND EDGES.

The latest thing in summer cushion covers is the tailored style. In these the materials may be plain or figured. They are, of course, of wash textiles, such as glazed chintz, linens — hand blocked, printed or plain—cretonnes, gingham and many kinds of cotton materials in plain and fancy weaves, patterned and unpatterned. Rayon and various artificial silks are occasionally found, but these savor too much of genuine silken fabrics to come specifically in the class of summer textiles.

Fringes in Variety
The notable feature of these severely plain pillow tops is the finish of edges. These revert to old-time types that have all the prestige of novelty. Fringe is everywhere in evidence. It may be white or cream, or it may be flaming red, brilliant blue, gorgeous yellow, or any colour that the figured material stresses. Or again the fringe is in neutral or dark hues. The fringe may be straight or twisted strands. Or it may be ball fringe so short that it appears to be nothing but a series of little soft knobs. Fringe for cushions is always short.

Cord or Rope
Cord has put in an appearance again. It may be rope covered with fabric, or coils or several strands of cotton of the same colour twisted together. Or again it may be of two, three or more fine cords in different colours coiled into one heavy cord or rope. The popular name to-day for this trimming is rope rather than cord.

Band Bindings
Edges of cushion covers are frequently bound in a contrasting colour of material, sometimes like the textile of the cover but in different weave. These bindings are wide and form a band on each side back and front.

Welcome Simplicity

There is a welcome severity to these tailored summer cushion covers that brings simplicity into the decoration. The covers are easy to launder, and will look like new. For this to be accurate, be sure to get textiles and trimmings that will not crock.

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Most North Towns to Hold Civic Holiday on Aug. 3rd

Most of the towns of the North will observe Monday, August 3rd, as civic holiday. Timmins has already announced the proclamation of August 3rd as civic holiday. The same day will be observed by Tisdale township, Teek township, which includes Kirkland Lake, and which is largely Kirkland Lake, has also proclaimed August 3rd as civic holiday. Similar announcement has also been made by other Northern towns. The first Monday in August has also been selected by probably a majority of the towns and cities in Ontario as their civic holiday. It looks as if the first Monday in August bids fair to be a general holiday in all municipalities in the province—a sort of "bank holiday" for Ontario, similar to the events of this kind observed generally by all in the Old Country.

Toronto Star:—With the season of maximum traffic at hand, the time has come to emphasize once more the folly of taking a drink before a drive or, to put it another way, taking a drive after a drink. The safe way to take a drive after a drink is to call a taxi.

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"It doesn't matter how sweltering the day is, my temperature — just the right degree of refrigerating coolness — remains constant. So that's ONE mid-summer worry I take off your mind. I take another off, too — the fear of food contamination and the sicknesses that are apt to follow if milk, for instance, is even SLIGHTLY tainted. I save you money, too, by keeping leftovers temptingly fresh and giving you the opportunity to buy perishables in larger quantities than you would otherwise dare. And don't forget those tinkling ice cubes I'm always so willing to make."