

Calls "Sun-Cooking" the Ideal Method for the Preserving of Fruits

Miss Edith M. Barber Discusses the Question of Preserving, in General, and in Particular. Some Berries Can be Combined with Another Variety. Some Recipes for Preserves.

Perhaps there is nothing so satisfactory in all the cookery repertoire as jam and jelly making. Unlike other foods the test of success is not the speed with which these are devoured. These rows of shining glasses and jars form a semi-permanent exhibit which we can view proudly during the winter, and whose numbers we can restore.



(By EDITH M. BARBER)

If you begin to make your own supplies, you will probably continue and you will not be able to resist lovely plump strawberries, juicy pineapples and colorful rhubarb at this time of year. As raspberries, currants, blackberries, cherries, plums and crabapples come into their seasons, they get us too. It's a returning disease like malaria. If the germ once infects you, you're lost.

Strawberries are particularly adapted for what probably should be called preserves, but which is generally called jam. Sun-cooking is the ideal method if you can turn on the sun at the right time. The next best method is to combine the berries with the sugar in alternate layers and to let them stand overnight before cooking rapidly. For other berry jams, the fruit is crushed with the sugar and then cooked until the mixture begins to thicken. If you prefer a thicker jam, fruit pectin may be used. Cherries are allowed to stand with the sugar a few hours unless a small amount of water is added to the fruit-sugar mixture. Strawberries and cherries make a very good combination jam as do rhubarb and pineapple, and strawberries and pineapple.

While most of our currants are used for jelly, you may like to make the jam which is known as bar le duc. It is not exactly like the French product, because our own native currants are not free from seeds. Currants and raspberries are delicious together both in jam and jelly. Raspberries are also very good when combined with gooseberries.

One of the simplest, most interesting and most useful of fruit combinations is known as tutti frutti. For this you will need a stone crock and as the fruits come into their seasons, a few layers of each with equal quantities of sugar are put into the crock. Enough grain alcohol or brandy to dissolve the sugar is added each time a new fruit joins the group. The crock must of course be kept covered and

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TO-DAY'S FASHIONS



Green dots over navy taffeta

By GRACE THORNCLIFFE
A DRESS-UP costume for summer's wedding guest needn't be silk print. Here's a change in the redingote tradition, a white chiffon coat with navy, green dots over a sheath of navy taffeta. Collar, sleeve cuffs and belt are in the taffeta, the belt tying in a big sash bow in front. It's equally pretty over white dresses.

Noranda Lady Beats Hubby and Sends for the Police

(From Northern News)
A Noranda woman who had a few pay day drinks too many and who got tough with her husband in a Noranda store, was fined \$1 and costs in court this week. She promised she wouldn't touch the stuff again. Not only did she give her husband a good calling down in public, but she started to beat him and ended by throwing some of the store's stock at him. On the way to the women's cell in Rouyn, she kicked a Noranda constable in the shins and hit him in the face. She had never been in the hands of the police before, and just now, the police aren't anxious to have her on their hands again.

Sudbury Star:—A singer says he once held a note for a minute and a quarter—but his wife got it in the end.

Outside Leaves of Cabbage More Nutritious than Heart

Did you know that the tempting looking "heart" of a young green cabbage is of lower food value than the outside leaves?

That is one of the items of information handed on by the Health League of Canada, in connection with the League's campaign to raise the standards of health and efficiency in Canada.

Moreover, says the Health League of Canada, since some of the value of cabbage—vitamins and minerals—are lost in boiling, cabbage salad is more nutritious than cooked cabbage.

It is pointed out, too, that price has little to do with the food value of vegetables. Brussels sprouts may cost three times as much as the humble cabbage, but they are not one bit more nutritious. Canned vegetables, though they are put up in three grades: fancy, choice, and standard, are of equal value whatever the grade.

And here is a hint as to the cheapest way of obtaining tomato juice, without which lunch or dinner is not complete for a great many people: buy the lowest priced grade of canned tomatoes, says the Health League of Canada, and strain off the juice. The residue may be combined with other foods or used in soups.

One other suggestion: don't use soda to preserve the color in cooking green vegetables. Not only is it unnecessary if the lid is left off the pot, but it destroys the valuable vitamin C, says the Health League.

The Health League has published a new leaflet on Nutrition called—"How to eat for Health and Victory." It will be sent free of charge to any citizen.

The Health League also suggest that "Food and War," a new booklet issued by the Canadian Medical Association, is a valuable book for housewives to have.

Didn't Know the Lady

"Those new people across the street seem very devoted," said Mrs. Jones wistfully to the newspaper which hid her husband. A rustle of the paper was the only reply she got, but she was used to that. "Every time he goes out he kisses her, and he goes on throwing kisses all the way down the street. 'Edward, why don't you do that?' 'Me?' snorted Mr. Jones. 'I don't know her!'"—St. Mary's Journal-Argus.

Globe and Mail:—What better illustration of British unity in this hour could be found than in the fact that Lord Rothermere seems to be working for Lord Beaverbrook?

Italians Express Their Devotion to Canada and Empire

Local Associations Endeavor Wholeheartedly Resolute by Council and Delegates.

Some days ago the local Italian organizations wholeheartedly and sincerely endorsed the following resolution passed by the joint meeting of the Supreme Executive Council and the Supreme Delegates of the Italo-Canadian War Veterans Unit No. 250 Army and Navy Veterans of Canada:—

"At a joint meeting of the Supreme Executive Council and the Supreme Delegates of the order of Italo-Canadian War Veterans and the Italo-Canadian War Veterans Unit No. 250 Army and Navy Veterans of Canada, the following resolution was moved and carried unanimously:—

"Whereas loyalty to Canada and friendship to the allies of the last World War has been one of the cardinal principles of the two organizations which have on numerous occasions pledged their fidelity to Canada under any and all circumstances, and whereas the Order of Italo-Canadian War Veterans and the Italo-Canadian War Veterans Unit No. 250 Army and Navy Veterans of Canada, as a result was compelled to withstand enormous pressure and threats from Italian Consular and Diplomatic Officials in Canada and notorious fascist agents, whom we have time and again publicly denounced, and

"Whereas we have already given tangible expression of our loyalty by answering the appeal of the Canadian Government and subscribing to the Canadian Red Cross Society and

"Whereas we consider Mussolini's entry into the present war on the side of Germany a betrayal of the best Italian interests and traditions, and contrary to all the democratic and freedom-loving people throughout the world.

"Be It Resolved:—
"1.—That we hereby pledge and express our complete and undivided loyalty to Canada and the British Empire and full support in its present war effort against Hitler and its new ally, Mussolini. To that end we urge Canadians of Italian origin to give the Canadian Government, the British Empire and its allies full support in their present war effort we urge our youth to join the Canadian Army for

The Most "Marryingest" Lumberman in Existence

(From Canada Lumberman)
From St. Charles, Va., comes word that Uncle Frank has recently passed away and that seven of his nine former wives and his present wife, 18-year old Cynthia had shed tears at his funeral.

It seems Uncle Frank was quite a character. His name was J. H. Warren and he was celebrated in that countryside as the "marryingest" man in the memory of anyone. He was 74 years old, and was living with his tenth wife, Cynthia.

He was very proud of having had so many wives and he was collecting pictures of them. He went out in a blizzard to see about a picture and caught cold. Pneumonia developed and he did not recover.

All his life Uncle Frank liked young wives. He was fond of saying all his ten had been between 12 and 16 years old when he married them. "My only luxury," he would say, commenting on his frugality, "is marriage licenses and divorces."

Uncle Frank was the father of four children and he operated a small sawmill near Arjay during his lifetime.

through an allied victory, the fascist regime will be destroyed and freedom and liberty be restored even in Italy.

"2.—We further urge our affiliated Lodges, sympathetic organizations and our members to subscribe and buy Dominion War Bonds and War Savings Certificates."

Siscoe Men Drowned as Car Runs off the Dock

Rouyn-Noranda—Two men drowned and one escaped death when a car plunged from a ferry dock at the Thompson river crossing yesterday afternoon. The dead are Donat Lacombe, 25, and William Burgess, 50. The man who smashed a window in the back of the car and saved himself is William Mesura, 45. All of them lived and worked at Siscoe.

Although no inquest has been held yet, it is believed that the car was going along the highway toward Malartic at a good rate of speed and that the driver, Lacombe, was unable to stop at the barrier in front of the dock. The car smashed through and horrified spectators saw it disappear beneath the water. The bodies were recovered within a few minutes, but both men, who were in the front seat, had died. Burgess was married and his wife lives in Timmins.

The accident is one of a series which have happened in northwestern Quebec at ferry docks. A similar hazard near Rouyn-Noranda was eliminated by the building of a suspension bridge across that river. No plans have been announced for a highway bridge over the Thompson.

Globe and Mail:—British and French soldiers returning from Dunkirk with pets they had picked up in the devastated regions broke another iron-clad regulation, to wit, the one that insists upon a six months' quarantine upon every dog imported into Great Britain.

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Beauty and You

by PATRICIA LINDSAY



Top right—To keep her figure beautifully streamlined PENNY SINGLETON does this knee-bend several times daily. Bottom—Dubbed "The Salaam" this exercise keeps abdomen muscles under control. Penny Singleton shows you how to do it.

Famous Salon's Exercises to Flatten and Firm Abdomen

It's time you flattened your tummy for the holiday months ahead—no girl can be an outdoor beauty if her stomach is flabby and pronounced. She must have good posture and a flat abdomen to not be self-conscious in brief summer clothing.

A famous beautician recommends the following movements to streamline your figure and make you the envy of your more indifferent sisters!

Daily Routine

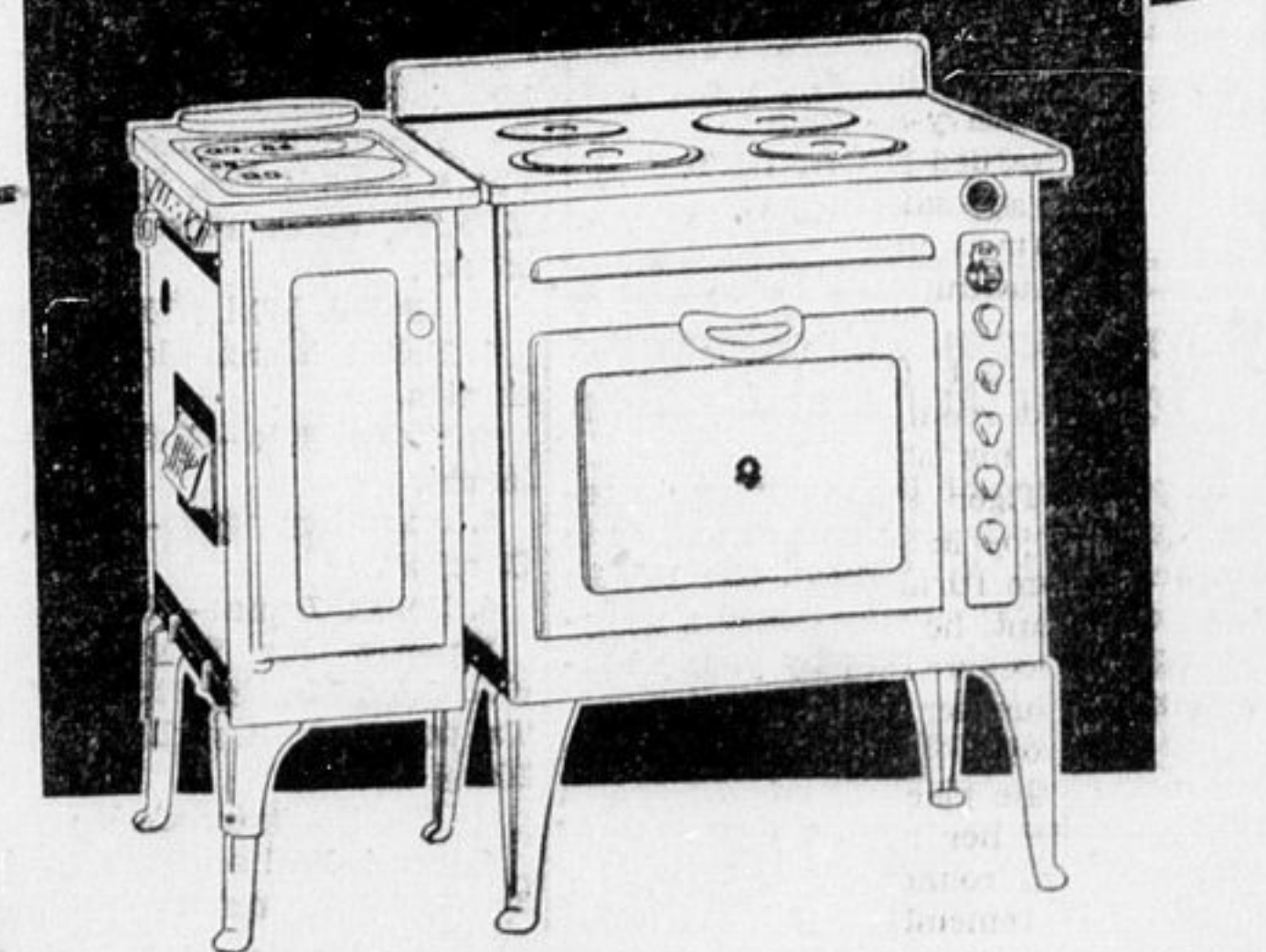
1—Lie on back. Arms at sides. Pull both knees straight back to chest. Kick legs out in front of body. At the same time come to sitting position with legs extended, knees straight. Swing arms as far forward as possible. Repeat five times. Rest. Repeat five times. Relax.

2—Lie down facing the floor. Put weight of body on hands and arms, stretch legs out keeping knees straight. Keep head up. Lower hips and abdomen to floor. Raise them. Repeat ten times, rest between.

3—Lie on back, arms out to side, keep shoulders flat on the floor. Pull both knees back to chest. Now roll knees from chest to left side, continue by extending legs downward. Bring knees up to chest. Roll knees to right side, continue downward. Repeat first left, then right, six times. Relax.

Housewives Acclaim...

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