bage is of lower food value than the

Calls "Sun-Cooking" the TO-DAY'S FASHIONS Ideal Method for the Preserving of Fruits

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

By the way, just one note of warn-

ing, which should of course be un-

necessary to the experienced cook.

You will be more successful with both

jams and jellies, if you work with

small quantities of fruit. There is

less danger of burning and as the

time of cooking will be shorter, the

natural color of the fruit will be better

preserved. This is one of the reasons

why products made with fruit pectin

are liked so much. Don't forget that

heavy utensils should be used in mak-

Good luck with your preserving sea-

Strawberry Preserves

eight to ten hours before cooking.

carefully. Boil rapidly fifteen to

twenty minutes, until syrup becomes

thickened. Stir frequently to prevent

burning. Remove scum and pour in-

Method 2. Pick out smallst, les

perfect berries.Crush these berries and

cook three minutes, stirring constant-

berries (which have been washed and

hulled); allow one-fourth cup of straw-

berry juice and one pound of sugar

Add the sugar in the juice, heat and

stir continually until sugar is dissolv-

ed. Drop the berries into this sim-

mering syrup, and simmer three to five

minutes, then boil rapidly ten to fif-

teen minutes, until the fruit is clear

Remove the scum. Allow the berrie

to stand in the syrup overnight in a

glass or porcelain bowl. Fill hot, clean

jars with the drained berries without

re-heating them. Boil the syrup un-

til fairly thick. Pour over the berries

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 shal-

low platters. Cover berries with a

glass dish or with plain window glass Let stand in hot sun from eight to

twelve hours. Pack in clean, ot jelly glasses or jars and seal. The platters

with the strawberries may stand un-

covered in a sunny window rather

Cherry Preserves

Select sour red cherries. Discard

any imperfect ones. Wash, drain, pit

and stem. For each pound of cher-

ries use one pound of sugar. Combine the fruit and sugar in alternate

layers and let stand three or four

hours. Bring fruit-sugar mixture slow-

ly to the boiling point, stirring con-

stantly. Boil rapidly until syrup be-

comes thick, about thirty to forty minutes. Pour and seal in clean hot

jars. If the cherries are unusually juicy, it may be necessary to remove them from the syrup and put them in clean, hot jars and then to boil

the syrup rapidly until thick. Then pour the syrup over the cherries and

Tutti Fruitti

All the summer fruits may be used in this recipe. As they come in market, put them in a stone cock with an equal quantity of sugar, which is put in layers between the fruit. Add

just enough brandy or grain alcohol

to-dissolve the sugar. Stir after each

addition. Cover and store crock in a

cool place. Large fruits such as

peaches should be peeled and cut in thin slices or small pieces. Strawber-

ries should be hulled, plums and cher-

Strawberry and Rhubarb Conserves

4 cups prepared strawberries and

Wash about one quart fully ripe

barb. To prepare fruit, grind straw-

berries or crush completely, so that

each berry is reduced to a pulp; slice

or chop rhubarb. When measuring

fruit, pack cups tightly until juice

flows to the top; if there is not enough

juice, add water to fill the last cup.

Mix fruit and sugar in kettle. Bring

to a rolling boil over a hot flame and

boil hard for just three minutes. Stir

constantly before and while boiling

Remove from fire and stir in fruit

pectin. Continue stirring in and skim-

ming for five minutes. Pour quickly

into scalded jelly glasses. Cover with

an eighth of an inch layer of para-

(Released by The Bell Syndicate, Inc.

That Pest

by singing before breakfast."

ffin. Yield-ten six-ounce glasses.

ries are pitted and grapes seeded. "

rhubarb

1/2 bottle fruit pectin.

7. cupsi sugar

than in the outdoors.

and seal the jars.

Strain. To each pound of perfect

ing preserves of any kind.

Perhaps there is nothing so satis- preferably in a cool, dark place. The factory in all the cookery repertoire; fruit preserves itself and will keep as jam and jelly making. Unlike indefinitely. I tasted some recently other foods the test of success is not, which was twenty years old! It may the speed with which these are de- be as a sauce for ice cream or pudding voured. These rows of shining glasses or as an appetizing first course. It is and jars form a semi-permanent ex- needless to say that the servings hibit which we can view proudly dur- should be small ing the winter and whose numbers we can restore.



(By EDITH M. BARBER)

If you begin to make your own sup- to clean, hot jars. plies, 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 in 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.

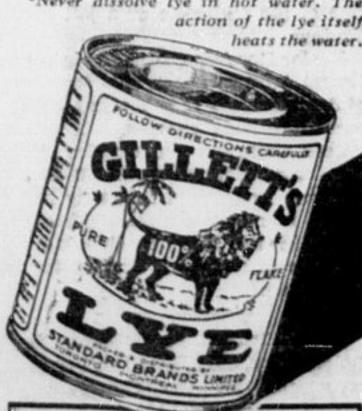
While most of our currants are used for jelly, you may like to make the jam which is known as bar le duc. It is not exactly like the French product, because our own native currants are not free from geeds. Currants and raspberries are delicious together both in jam and jelly. Raspberries are also very 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, at few layers of each with equal quantities of sagar 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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Green dots over navy taffeta

By GRACE THORNCLIFFE A DRESS-UP costume for summer wedding guest needn't be silk print Here's a change in the redingote trad-

Method 1. Select large, firm, tart green dots over a sheath of navy taf-

berries. Wash, drain and remove feta. Collar, sleeve cuffs and belt are hulls. For each pound of fruit use 1 in the taffeta, the belt tying in a big sugar in alternate layers and let stand over white dresses

Heat to the boiling point, stirring 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 cel's in Rouyn. kicked a Noranda constable in shins and hit him in the face. Shall had never been in the hands of the police before, and just now, the police

but his wife got it in the end.

Outside Leaves of Cabbage More Nutritious than Heart Their Devotion to Did you know that the tempting looking "heart" of a young green cab-

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 stangates. dards of health and efficiency in Can-

Moreover, says the Health League of Canada, since some of the value of cabbage-vitamins and mineralsare 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 humbler cabbage, but they are not one bit more nutritious. Canned vagetables, though | Executive Council and the Supreme they are put up in three grades; fancy, Delegates of the order of Italo-Cana-

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 Healt 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 destroys the valuable vitamin C, says

to eat for Health and Victory."

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

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?"

tration of British unity in this hour Canadian Government, the British could be found than in the fact that held a note for a minute and a quarter | Lord Rothermere seems to be working | their present war effort we urge our for Lord Beaverbrook?

Canada and Empire

Local Associations Endorse tion by Council and Dele- al

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

"At a joint meeting of the Suprame choice, and standard, are of equal dians and the Italo-Canadian War Veterans Unit No. 250 Army and Navy Veterang 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-Canadians and War Veterans Unit No. 250 has always expressed its undivided ition, a white chiffon coat with navy, if the lid is left off the pot, but it loyalty to Canada, the Crown and British Empire, and as a result was compelled to withstand enormous The Health League has published a pressure and threats from Italian pound of sugar. Combine fruit and sash bow in front. It's equally pretty new leaflet on Nutrition called-"How Counsular and Diplomatic Officials in Canada and notorious fascist agents will be sent free of charge to any citi- 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

"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 sits present war effort against Hitler and its new ally, Mussolini. To that end we urge Can-Globe and Mail:-What better illus- adians of Italian origin to give the Empire and its allies full support in youth to join the Canadian Army for

The Most "Marryingest" Lumberman in Existence

(From Canada Lumberman) From St. Charles, Va., comes word away and that seven of his nine former wives and his present wife, 16-year old Wholeheartedly Resolu- Cynthia had shed tears at his funer-

> 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 enth 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 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

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.

Lodges, sympathetic organizations and tated regions broke another iron-clad our members to subscribe and buy regulation, to wit, the one that insists

Siscoe Men Drowned as Car Runs off the Dock

Rouyn-Noranda-Two men drowned and one escaped death when a car that Uncle Frank has recently passed plunged from a ferry dock at the Thompson river crassing yesterday afternoon. The dead are Donat Lacombe, 25, and William Burgesst 50, The man who smashed a window in It seems Uncle Frank was quite a 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. Burges 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 "2-We further urge our affiliated pets they had picked up in the devas-Dominion War Bonds and War Sav- upon a six months' quarantine upon every dog imported into Great Britain.



Beauty and You



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 musclesunder control. Penny Singleton shows you how to do it,

Famous Salon's Exercises to Flatten and Firm Abdomen

ach is flabby and pronounced. She cularly efficacious. One is the "kneemust have good posture and a flat bender," and the other is the "salaam." abdomen to not be self-conscious in strawberries and one pound of rhubrief summer clothing.

A famous beautician recommends the following movements to acreamline 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 up position with legs extended, knees straight. Swing arms as far forward as possible Repeat five times. Rest. Repeat five times. Relax.

weight of body on hands and arms, Keep head up. Lower hips and abdo- reverse leg movement. men to floor. Raise them. Repeat | Make it a habit to be aware of your ten times, rest between.

3-Lie on back, arms out to side of your abdomen muscles so you can keep shoulders flat on the floor. Pull actually pull your stomach in and up. "A tendency to feel depressed in the both knees back to chest. Now roll This conscious movement tucks in your morning," a doctor says, "can be cured knees from chest to left side, continue buttocks and straightens your shouldby extending legs downward. Bring ers, so all you have to do then is to What one would really like to know knees up to chest. Roll knees to right throw back your head proudly and you is how to cure anyone with a tendency side, continue downward. Repeat first are in very attractive posture! to sing before breakfast-Sudbury Star left, then right, six times. Relax. (Released by The Bell Syndicate, Inc.)

It's time you flattened your tummy | To these three exercises Penny for the holiday months ahead-no girl | Singleton of the screen would like to can be an outdoor beauty if her tom- add a couple which she found parti-Knee Bender

> Stand erectly in good posture, feet together. Place your hands in back of your head and keeping your spine erect, slowly bend your knees until you are almost sitting on your heels. Then slowly rise. Relax. Repeat ten

> > The Salaam

Stand erectly in good posture. Stretch left leg out as far as you can in front of body. Then as you slowly bend right knee until it touches the floor, swing both arms up in back of 2-Lie down facing the floor. Put body forcing your head down until it touches your outcoretched leg. This stretch legs out keeping knees straight. must be done slowly. Relax. Then

posture at all times. Master control



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