

Some Hints in Regard to the Problems of Jars and Rubbers for Canning

Containers Not So Scarce as Some Anticipated. Jars, Lids and Rubbers All Must be in Perfect Condition or They Will Not Seal Properly. Canned Greens. Canned Asparagus.



(By Edith M. Barber)

Last week a practical canning program was discussed in this column. The principles of canning in both the pressure cooker and the boiling water bath were outlined. Today, the problem of jars and rubbers deserves space. Fortunately, these are more plentiful than we expected. The housekeeper will, of course, use those which she has on hand when they are in good condition. She will test them to be sure that covers when made of metal are not bent, and when made of glass are not nicked. The tops of the jars themselves must be free from nicks. For self-sealing jars, she will buy new inner lids, and make sure that she has enough outer covers and bands on hand. Coffee and mayonnaise jars of certain type can be put to use for canning if new inner seals are purchased. These will be available at grocery stores in the case of coffee jars. A large manufacturer of mayonnaise will sell inner lids direct to the housekeeper. To use coffee jars, you must have on hand at least half a dozen of the metal covers which previously came with them. After jars have been processed and cooled, the outer covers may be removed and used again.

Now about rubbers. Those available this year cannot be tested by stretching as was possible with pre-war-time rubber. For this reason, it is advised that jars should not be completely sealed, as pressure within the jars might make them loosen. Screw covers should not be too tight. Only one of the bales on jars with glass covers should be fastened. After the jars have been processed, sealing should be finished.

If you have old rubbers on hand and if after stretching, they come back to their original size, they may be used if you place the side which has a crease from previous use toward the jar. It may be a good idea to use two old rubbers.

Of course, jars must be absolutely clean and must be hot when they are filled. They may be heated in the kettle prepared for the boiling water bath or in the uncovered pressure cooker. They need not be sterilized by boiling fifteen minutes, unless they are to be processed in the boiling water bath for a very short time.

The only vegetable which you will be likely to can early in the season is

some type of green, unless you have your own asparagus bed. Greens take a long time to process, one hour at fifteen pounds pressure, or three hours in the boiling water bath. Asparagus takes a shorter time. Remember, that both greens and asparagus must be very fresh if you are going to attempt to can them.

Canned Greens

Pick over and wash greens several times in lukewarm water to remove sand. Tie in cheesecloth and plunge in boiling salted water (allow 1 tablespoon salt to each quart of water) for three minutes. The water should be kept very hot, but not allowed to boil. Drain greens, pack loosely in glass jars, and cut several times with knife. Add 1 teaspoon salt to each quart. Cover with boiling water and adjust rubbers or inner seal and adjust covers. Process 65 minutes at 15 pounds pressure, or boil in boiling water bath 3 hours. The water must be over the tops of the jars, and the kettle must be covered. At end of processing time, remove jars, complete seal, and set at some distance from each other to cool.

Canned Asparagus

Sort stalks according to size, and trim ends. Wash thoroughly, tie in bundles, and place upright in deep kettle. Add boiling salted water to cover 1/2 length of stalk. Let come to boil, and boil 3 minutes. Place bunches on sides, and boil 1/2 minute. Dip in cold water 1/4 minute, untie bunches, pack stalks in glass jars, heads up except 2 or 3 in center. Add 1 teaspoon salt to each quart, and cover with boiling water. Adjust rubbers or inner seal, and adjust covers. Process 35 minutes in pressure cooker at 10 pounds pressure, or 2 hours in boiling water bath. Seal and cool according to directions for greens. (Released by The Bell Syndicate, Inc.)

First Order Issued on Transfer From Non-Essential Work

Procedure to be Followed by Those Covered in Groups Named.

Ottawa, May 12 — Hon. Humphrey Mitchell, Minister of Labour, announces that he has issued the first Order under Section 210 of National Selective Service Civilian Regulations, looking to the compulsory transfer of men in the age groups designated under Mobilization Regulations from non-essential to essential work.

The first Order covers men employed in the following industries or establishments: (1) taverns or liquor, wine and beer stores; (2) retail sale of confectionery, tobacco, books, stationery, news; (3) barber shops and beauty parlours; (4) retail and wholesale florists; (5) service stations (i.e., gasoline-filling stations); (6) retail sale of motor vehicles or accessories; and (7) retail sale of sporting goods or musical instruments.

In addition, all men designated under Mobilization Regulations are covered by the Order if in any of the following occupations, regardless of whether the occupation is one in those industries listed as covered or not: (1) waiter, taxi-driver, elevator operator, hotel bell boy, domestic servant; (2) any occupation in or directly associated with entertainment, including but not restricted to theatres, film agencies, motion picture companies, clubs, bowling alleys, pool rooms; and (3) any occupation in or directly associated with dyeing and dry cleaning but not including laundries; baths; guide service, shoe shining.

The procedure under the Order is that it now becomes obligatory for every man in an age and marital class designated under Mobilization Regulations, engaged in one of the industries or occupations specified in the Minister's Order, to make application to the nearest Employment and Selective Service Office not later than May 19th. If there is no higher priority work available for the man, he will be given a special permit to entitle him to continue on a temporary basis in his old employment. On the other hand, if it appears necessary in the interest of the war effort that the men be moved to more essential employment, he will be given a direction to some such employment.

Each man who can call personally at an Employment and Selective Service Office, must do so. A man so far removed from an Office that he can not call, will be required to write the Office and await further direction.

Hon. Mr. Mitchell points out that the present Order refers specifically to every man engaged in these restricted employments, who was born in any year from 1917 to 1924 and who has reached age 19, regardless of whether married or single; and to every man born from 1902 to 1916 who on July 15, 1940, was unmarried, divorced or judicially separated, or was then a widower without children, even if such a man has since been married; and it also refers to a man who has become a widower since July 15, 1940, and has no children now living; as well as to men who since that date have been divorced or judicially separated. All men in the groups mentioned, regardless of their medical classifications, are required to report.

For the present it is not proposed to compulsorily direct to alternative employment any men who have their dis-

Beauty and You

by PATRICIA LINDSAY

Beauty Hints for Women of Larger Size

It seems that women of larger sizes are entirely forgotten by stylists and beauty editors, salons and milliners. But they definitely have their beauty problems and it was with great joy that I learned of Primrose House making a special study of this important group. Following are pointers which resulted from that study:

Off-size can be concealed with cleverly designed clothes. A little white at throat, an ornament on the sleeve, a dark skirt with a gay colored top and other devices detract from unattractive figure proportions.

The large woman is often afraid to use make-up, fearful it will attract attention to her size and perhaps to some unlovely facial feature. This is a mistake. Make-up is an important beauty tool. She should use it with these points in mind:

TO SHORTEN FACE: Part hair on either side. Wear hair medium long combed away from face. Perhaps a chignon. Shape eyebrows straight and heavy. Apply mascara and eye shadow only on outer corner of eyes. Blend rouge deftly on outer sides of cheeks; apply lipstick to full outline of lips.

TO LENGTHEN FACE: Part hair in center or very high. Wear it short in brushed upsweep. Shape eyebrows in narrow arch. Color upper lashes and place shadow high on lid. Wear rouge high on cheeks toward outer corner of eyes. Accent bow with lipstick.

TO REDUCE CHIN: Apply darker shade of powder under chin and blend along jaw line. Accentuate upper lip with dark lipstick.

TO REDUCE NOSE SIZE: Shape eyebrows slightly upward at inner corners and near temple. Apply darker shade of powder on sides of nose — lighter shade down center. Foundation lotion or cream likewise.

TO ACCENT EYES: Cleanse eyes frequently with eyewash. Do not color lower lashes. Select eyeshadow in tone darker than eyes. If eyes are deep set or lids dark, apply only oil or vaseline.

LIP TIPS: If upper lip is thin, shape mouth over natural line with darker color lipstick. Apply lighter shade of lipstick to lower lip.

If corner of mouth curves down place accent on bow.

USE THESE COSMETICS: Cleansing cream and packs; skin freshener to tone and refresh; rich cream to soften skin; oil about eyes; cream mask to refresh tired cream and circulation cream to invigorate sluggish skin. (Released by The Bell Syndicate, Inc.)



The still fashionable pompadour, especially good for grey hair, easily set in becoming and youthful lines and first made manageable by a liquid scapless shampoo which has an added hair conditioner

the administrative features of compulsory labour transfers subject the Employment and Selective Service Offices to a considerable strain. This has been true in all countries, where the system has been applied. Therefore, from the administrative viewpoint it is necessary that the transfers be made by stages, rather than all at once. We expect that this re-adjustment within agriculture and industry will go a long way to assist where labour shortages now threaten vital production."

New Canadian Groups Do Well in Victory Loan Drive

The end of last week saw gratifying reports from a number of New Canadian groups in the Fourth Victory Loan campaign. Mr. Sol Shankman, assistant organizer for Cochrane Unit, in charge of these various groups this week had a special word of appreciation for the good work being done. He pointed out that all these groups have obtained more than sixty per cent of their objective, with less than 60 per cent of the time gone. They are all still going strong, and he is confident they will all put the campaign over the top. The groups include the following:

- Finnish group, headed by Mrs. T. Kallio.
 - Ukrainian group, headed by Michael Karol.
 - Chinese group, headed by Chas. Yuen and Mrs. Margaret Fong.
 - Eld Mutual Benefit Society No. 3, Timmins, headed by Mr. Keserich.
 - Slovenian Society, headed by Mr. Martin Bayuk.
 - Rumanian group, headed by John Barliko and Mr. Gordeyko.
 - Canadian Croatian League, headed by Joe Glad.
 - Slovak Legion, Timmins, headed by Paul Oraukin.
- Victory Loan officials are warm in their praise of these patriotic groups who are extending themselves to the limit in this Victory Loan campaign, not only regarding their own objectives,

but in assisting the general campaign to go over the top with the Fourth Victory Loan.

Suggests Percentage Idea in Victory Loan Campaign

Victory Loan officials this week comment on the plan of Councillor J. W. Spooner for putting the Victory Loan campaign over the top in Timmins. Mr. Spooner is one of the management committee for the Fourth Victory Loan, working with H. B. Martin, chairman

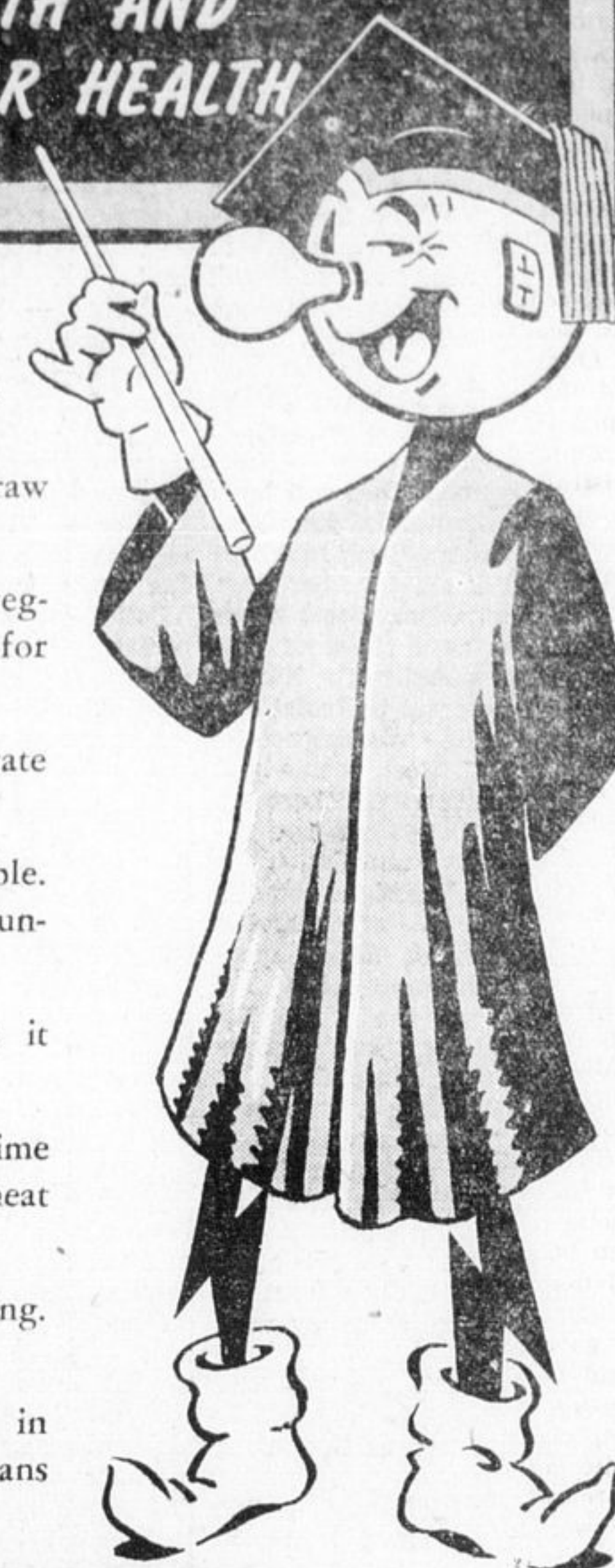
for sales. Councillor Spooner, who has done notable work, not only in canvassing, but in publicizing the loan, has decided that for the remaining portion of the time allotted to the campaign he will sell Victory Bonds to the residents of Timmins on what he terms a per centage basis. That is, everyone buying from him will take in Victory Bonds a percentage of \$1,070,000, which is the Timmins quota. Already, Mr. Spooner has achieved a remarkable contribution to the success of his idea by having his first purchaser buy one

per cent of the Timmins total. "Just a hundred such orders would put Timmins over the top," Councillor Spooner points out, adding, however, that he would be well satisfied with much smaller percentages than that and be willing to call on more places in our territory to make the grand total for Timmins reach its objective and beyond.

Toronto Telegram:— The modern child certainly knows how to manage his parent's.

VITAMINS ARE VITAL!

GUARD THEIR WEALTH AND THEY'LL GUARD YOUR HEALTH



and here's HOW...

Don't overcook foods, and eat them raw whenever possible.

Use little or no water in cooking vegetables and save vitamin-rich water for soups, etc.

Avoid violent boiling by using accurate heat control.

Cover utensils and stir as little as possible. With even, electric heat, stirring is unnecessary.

Don't use soda in cooking greens; it definitely destroys vitamins.

Start fast, cook quickly, reducing the time vitamins are exposed to liquid, heat and air.

Don't thaw frozen foods before cooking. Start cooking while frozen.

Pare vegetables thin; cook potatoes in jackets and never shell peas or string beans or pare vegetables hours in advance.

NORTHERN ONTARIO POWER COMPANY LIMITED

REDDY says:

Get your dollars ready for the new Victory Loan— your dollars will be turned into war-winning ammunition!



VICTORY BONDS are National Insurance

When you buy a Victory Bond you are insuring peace, freedom and security for your country and for yourself in the years to come.

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THE MUTUAL LIFE OF CANADA

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ALWAYS DEPENDABLE WRAPPED AIRTIGHT TO ENSURE POTENCY