

DANCING . . Friday & Saturday

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Hello Homemakers! Pressure cookers and large pressure saucepans offer a great incentive to can low-acid foods most safely and well. Low acid vegetables are peas, beans, corn, spinach and beets. Canning can now be done with a saving of time and fuel compared to the water bath or open-kettle method. Since it is necessary to destroy certain bacteria without affecting food value and attractiveness, this can only be accomplished safely in a steam pressure canner which reaches a temperature far above the boiling point of water, that is, 212 degrees. At 10 pounds pressure, the temperature in the cooker reaches 240 degrees.

The saving in time is only concerned with the amount of fuel in that it does not take long to watch but the "cooling off" period is almost one hour. Never try to hasten cooling of any canner by putting kettle in cold water or by wrapping cold, wet towels around it since this draws liquid from jars.

1. Prepare jars. Examine jars for nicks, chips and cracks. Scrub perfect jars and lids with hot soapy water. Rinse in clean hot water and keep hot until ready to be filled.

2. Prepare food. Work with only enough food for one canner at a time. Wash and sort, discard any imperfect product. Prepare each vegetable according to directions given on the chart for processing vegetables in a canner.

3. Precook vegetables. Put vegetables in kettle and cover with water. Cook for number of minutes designated on chart, then pack into hot jars.

4. Filling and sealing jars: leave one inch of head space for starchy vegetables—peas, beans, corn, etc. and ½ inch for other vegetables. Use the blanching water to fill jars to the brim. Add 1 tsp. salt for quarts and ½ tsp. salt for pints. Remove air bubbles by running a knife up and down several times. Wipe off sealing surface of jars with a knife dipped in boiling water. Adjust the lids of jars according to directions given with each type of jars.

5. Cooking the vegetables: place jars on the rack in cooker so they do not touch and pour in water to a depth of 1 inch.....or 2 inches if old-model cooker. Adjust cover and keep petcock open until steam has been coming out in a steady stream for 7 minutes, so that all the air is exhausted. Adjust pet-

cock to closed position and let pressure begin to rise then turn electric element to low and you may find that pressure rises to 10 and remains steady. Count time when desired pressure is reached and keep an eye on the clock or set The Minute-Minder. Canning at high temperatures will make a lot of difference so do keep track of the time.

6. Cooling the Canner. When processing time is up, turn off heat and remove canner from range. Be sure to wait until gauge registers zero before you open petcock. Take off the cover, tipping the far side open first to let steam escape. Allow jars to stand until all bubbling in them ceases. Then lift them out and complete the seal of zinc and spring tops.

7. Care of processed jars. Leave jars upright and keep out of drafts. To test jars for leaks, gently tip a cooled jar (except those with self-sealing lids) and see if there are any moisture drops. To test jars with metal discs (self-seal lids) tap centre of lids with a spoon. The sound should be clear and ringing. If sound is dull, you should open jar, heat contents to boiling, and can in a sterilized jar. Wipe jars clean and label, stating contents and date. Store in a cool, dry, dark place.

Table for Processing at 10 lbs. Pressure

Beans (limas)	45 mins., pints; 55 mins., quarts
Beans (string)	30 mins., pints; 40 mins., quarts
Beans (green soy)	60 mins., pints; 70 mins., quarts
Beets	40 mins., pints; 45 mins., quarts
Corn	65 mins., pints; 75 mins., quarts
Spinach	95 mins., pints; 100 mins., quarts
Peas (green)	45 mins., pints
Pumpkin	35 mins., pints
Tomatoes	(5 lbs. pres.) 8 mins., pints

The Question Box

Mrs. S. O. asks the best method of canning tomatoes without a pressure canner.

Canning Tomatoes
Answer: Select firm, ripe tomatoes. Wash. Blanch by immersing 4 or 5 at one time in boiling water for about 1 minute. Plunge into cold water and peel at once; place tomatoes in large kettle and simmer 3 to 5 minutes. Fill jars and add 1 teaspoon salt to each quart. Cover with the hot juice from simmering kettle. Process in electric oven at 275 degrees for 30 mins., or in hot water bath for 20 mins. Allow ½ inch space around each jar and remove from heat as soon as processing period has ended.

Mrs. T. J. asks: How to calculate canning period in electric oven with automatic control.

Answer: We suggest you pre-heat electric oven to 300 degrees. Arrange 4 jars on the broiling pan (minus its rack). Pull out the shelf (in second lowest position) of pre-heated oven and place the broiling pan containing 4 jars on shelf. If you are processing 6 jars, then put the other two in position to allow circulation of heat around each. Make placements quickly and close oven door to prevent excess loss of heat. Move temperature indicator to 275 and the oven should be about at that desired degree. It does not matter if the light comes on again during the processing period.

Mrs. C. S. asks: What to do if juices seep out of jar during oven processing?

Answer: If juices leak out of jars, test for air tight seal when the jar is cool. The space will not cause food spoilage if seal is good.

What Ruined Arena Ice Pipes in Lindsay Puzzler for Council

A despatch from the Lindsay Post states that the ice-making plant at the Lindsay Arena is the subject of considerable discussion over the damage wrought in some manner to the artificial ice pipes. The town council and representatives of the Canada Ice Machine Co. viewed the damaged piping last week.

There are about forty springs in the pipes, the Post states, pipes are badly rusted and spurting water freely in places. Samples of the piping have been sent to the Page-Hershey Co. for investigation.

One rumour states that some time ago, an incorrect solution was introduced into the pipes which affected the welded joints, and another story is said to be the

discovery by a person in charge of the welding, of a quantity of defective pipe.

In the event the piping has to be replaced, it is reported that approximately two months will be required for the work. The original installation cost \$37,500, which was debentured on the town of Lindsay for a period of 20 years.

Since 1830, the number of magazines and newspapers in the United States has increased almost 25 times, while the population has increased only six times.

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45 Tons Mennonite Relief for Paraguay And Europe

A value of \$52,341.45 was placed on two more relief consignments leaving the Mennonite Central Committee's Canadian headquarters this month.

One of the shipments, bound for Paraguay, had a weight of 23,169 pounds. It consisted of clothing, bedding, shoes, sugar bags to be made into light garments, and other clothing materials.

The second shipment, addressed to the Mennonite Central Committee's European depots is made up entirely of foodstuffs. C. J. Rempel, manager of the Mennonite Central Committee's headquarters, said another clothing shipment for Europe will soon be heading for the sea coast. The food gifts weighed 67,570 pounds.

Mr. Rempel said the Paraguay relief is for European Mennonites settled in Paraguay since the war. The Mennonite committee was responsible for bringing these people to South America almost immediately following hostilities in Europe. Efforts to find a haven for them in Canada were unsuccessful at that time. Canadian Mennonites who have settled in Paraguay, after leaving the Canadian West, were able to take money and supplies with them.

Touching on relief activities closer to home, Mr. Rempel said a letter from the Winnipeg area last week indicates tractor units aiding in seeding operations in the flood area are running into plenty of trouble due to heavy rainfall. Formation of volunteer tractor brigades was one of the main relief

projects of the Mennonites in the flood district. The brigades took to the fields almost immediately after the Red River waters receded. However, the rainfall has made progress discouragingly slow.

"Even farmers are tending to give up hope in some sections," the letter to Mr. Rempel points out.

Supplementing the tractors, Mennonite communities in Southern Manitoba have organized volunteer work gangs which are helping in the great clean-up job. They have been working in several of the worst-hit towns.

Mr. Rempel toured the stricken areas during the height of the flood. Although back in Kitchener again, he is kept informed on the progress of the rehabilitation.



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York County Junior Farmer Camp

For the past two years York County Junior Farmers have joined with neighboring counties to form a District Junior Farmer Camp at Duclou Point, Lake Simcoe. Similar plans have been made for this year but several more neighboring counties have been included with the hope of having at least sixty Juniors present.

The Camp will be held from August 28th to September 4th and young men and women who are single and between the ages of 18 and 25 are eligible to attend if they are members of Junior Farmers or Junior Institutes. York County's number of delegates has been set at 12 for this year so that those who would like to attend should contact their executive as soon as possible.

The Camp is sponsored by the Department of Agriculture and specially trained personnel are employed to give leadership in music, dramatics, social recreation and physical education while a minister is included on the staff.

This camp provides an excellent holiday for young farm people and previous campers recommend it as an opportunity that no one should miss.