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Canning and Jam Making Hints

The canning season has been a full swing now for some weeks and there are still plenty of fruits to come. Homemakers, looking at their sugar bin or at their sugar coupons may find that their supply is disappearing very fast so they would be well advised to plan canning some fruits without sugar. The amount of sugar now on their disposal may be stretched to cover a lot of fruits if some sugarless canning is done, say the home economists of the Consumer Section of the Dominion Department of Agriculture.

Blueberries are one of the fruits which are easily canned without sugar. They may be canned in their own juice or in a very thin syrup. To can blueberries in their own juice, the berries should be washed and part of them crushed in the bottom of the preserving kettle. The remainder of the fruit is then added and the water needed for a few minutes or until the juice just starts to flow. If the fruit has a tendency to scorch, a little water may be added to prevent that. The fruit is then packed solidly in the hot sealers, crushed down slightly so that the covers fit, the caps and rubber rings are then adjusted and the filled sealers processed. If the processing is done in the boiling water bath, the berries should be processed for 15 minutes, counting the time from the moment the water comes to a full rolling boil. For 28-32 tin cans are processed 20 minutes in the boiling water bath. Should the oven be used, the jars should be sterilized, the glass sealers only may be processed in it. The degree of temperature recommended is 75 degrees F. and the time is 20 minutes for pint sealers and 30 minutes for quart sealers.

Blueberries canned by this method are easy to eat and are excellent for pies and desserts.

Blueberries being very sweet do not require much sugar, so a very thin syrup in the proportions of 1 cup of sugar to 3 cups of water is recommended if the berries are to be canned in syrup. The processing times are the same as for the other method.

Most homemakers like to make at least a few jars of jam from their surplus of fruit. It takes more of this precious commodity than for canning. But they want to be sure the result is a delicious jam. After repeated experiments, the home economists of the Consumer Section have come to the conclusion that a jam made by the following method is superior in texture and yield, is obtained when the fruits are simmered uncovered, until tender and some of the moisture is evaporated, the sugar is added, the mixture is brought to a boil and the cooking time is 15 to 20 minutes depending on the tenderness of the fruit and the amount of moisture present. The sugar is then added and the cooking time from the moment the mixture comes to a full rolling boil. To prevent sticking, jam should be stirred frequently. When testing for consistency, the sugar should be added to a tablespoon of jam is placed on a cold saucer and chilled quickly. If jam does not set to proper thickness it should be cooked a few minutes longer and heated again.

Currant, Blueberry and Apple Jam

1 quart black currants
 1 quart blueberries
 3 cups apples, cut in small pieces
 1/2 cup water
 5 cups sugar

Combine currants, blueberries, apple and water. Bring to a boil, simmer uncovered for 10 minutes. Add sugar, bring to a boil and boil 8 to 10 minutes.

Yield: about 7 cups.

Green Gooseberry Jam

2 quart boxes (8 cups) green gooseberries
 2 cups water
 5 cups sugar

Wash, tip and tail gooseberries. Add water, bring to the boil and simmer uncovered for 15 minutes. Add sugar, bring to the boil and boil uncovered 5 to 7 minutes. Stir frequently to prevent sticking.

Yield: 5 1-2 cups.

The red bulletin "Jams, Jellies and Pickles" may be obtained free of charge by writing to the Dominion Department of Agriculture in Ottawa.

DIABETIC KIDDIES DOCTOR THEMSELVES

WALTON-ON-THE-NAZE, England, August 13.—(CP)—Forty-seven diabetic children who are one another's doctors diagnose one another's condition, prescribe and even administer injections while on a seaside holiday here.

Varying in age from six to 16, the children fill their own syringes, know the proper doses, are expert in the art of injection, and carry about a lump of sugar to remedy over-strength "shots."

PROPOSE NEW BRIDGE FOR FIFTH OF FORTH

EDINBURGH, Aug. 13.—(CP)—More than 3,000 vehicles daily would pass over a proposed road bridge over the Fifth of Forth, said Sir Frederick Cook, formerly chief engineer of the transport ministry. This traffic would come from adjacent districts and would not take into account long distance traffic.

AUCKLAND N. Z.—(CP)

After the freeing of Java from the Japanese about 90 Dutch subjects who have suffered great privations in internment camps during the occupation, were sent to New Zealand by the Netherlands government to recuperate. Their "cure" completed the evacuees now are leaving New Zealand.

Save dry bread to make into
 Melba toast, crumbs for scalloped dishes, dressings, puddings.
 Save vegetable water for soups, sauces, gravies. Save vinegar from pickles. The vinegar flavor adds zest to salad dressings.
 Save celery tops and parley. Dry and use for the soup pot of seasoning.

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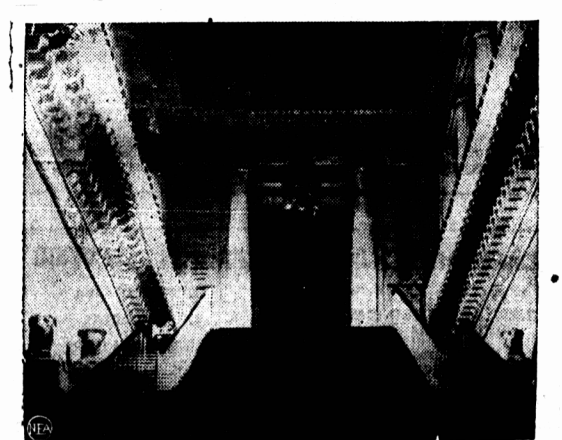
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Peace Palace 'Welcome Scouts' Find Soap, Autographs, Even A Brunette (But Not Much Amity)



At the top of this grand stairway in Luxembourg Palace, Paris, a Welcome Committee works to provide anything the delegates, reporters and other officials desire. Anything, that is, except a peaceful settlement behind those doors leading to conference room.

By ROSETTE HARGROVE
 NEA Staff Correspondent

PARIS.—(NEA)—Amity seems to be a rare commodity at the world peace conference here, and it's about the only item the "Welcome Center" at the head of the grand stairway in Luxembourg Palace can't dip up in a hurry.

The other day, for instance, the "Welcome Center" calmly produced soap made without animal fat for a not-so-calm member of the Indian delegation, whose religion forbade him from washing his hands and face with ordinary soap. Within 48 hours, the desk at the top of the staircase had delivered enough special soap to keep the turbaned delegate religiously clean for the rest of the conference.

This service is for any of the hundreds of delegates, newspapermen, or anyone else officially connected with the peace conference, and it is run by Jean Thesmar, whose official title is "Director of Official Information and Welcome Center for the Allies."

Thesmar's scouts are capable and have had their service free. Years of experience at other "centers" operated for the Allied forces in Paris made it possible to help an American reporter who had been trying to find the secretary of one of Foreign Minister Bidault's cabinet. All he remembered was that she was called Josette and that she was an attractive brunette. Thesmar's "welcome" operatives found her the same day.

They did not wait to find out whether the reporter wanted Josette for a story or a date, because they were too busy running down other requests. Samples: A Scandinavian writer wanted an autographed photograph of General de Gaulle. A Chinese official wanted to find a Frenchman who spoke Chinese to serve as a guide between sessions. And an American correspondent wanted to know where the Black Market operated and could he have some addresses, please?

At the top of the grand stairway, these matters are handled by a staff of 16 interpreters. All speak English, three speak fluent Russian, and the others can answer questions in Spanish, Italian, Hungarian, Finnish, Norwegian, Swedish, Danish, and Persian.

There is a shopping bureau as a part of the center, too, to help the feminine side of the peace conference.

The Experts Say

By HELEN BANNERMAN
 Canadian Press Staff Writer

OTTAWA, Aug. 13.—(CP)—Squash is the name applying to various types of edible gourds, including pumpkin and Hubbard, which are well liked and generally used.

Vegetable marrow belongs to the squash family but might be called the weak sister since its personality is so often uninteresting. When properly cooked and well seasoned vegetable marrow is sweet, tender and has a mild nutty flavor.

One reason why vegetable marrow is unpopular is that when it is matured it develops a stringy, coarse texture, so that it should be used when of small or medium size.

The home economists of the Agriculture Department Consumer Section suggest cooking vegetable marrow with tomatoes and onions as the Europeans do.

Vegetable Marrow Creole requires one medium vegetable marrow, four medium tomatoes (two cups), one medium onion (1-1/2 cup sliced), 1-2 teaspoon of salt and 1-8 teaspoon of pepper.

Peel marrow, cut in one-inch slices and remove seeds. Peel and cut tomatoes in small pieces. Peel and slice onions. Cook the tomatoes and onion together for five minutes, add marrow and seasonings. Cover and simmer for 35 minutes. This makes six servings.

Nothing adds more zest to the salad materials you bring from your "peace garden" than a good french dressing. Here is one of the best:

Mix 1-2 cup of salad oil, three tablespoons of malt vinegar, one teaspoon each of salt, paprika and Worcestershire sauce, 1-2 teaspoon of dry mustard, 1-4 teaspoon of pepper and a dash of cayenne pepper, in a jar which can be tightly sealed. Then and here is the big secret, add half a can of undiluted cream of tomato soup. No cooking—you just shake child and serve.

Saving every little bit of food is the motto these days. It also applies to everything having to do with food and the Consumer Section has these practical pointers— "the way to greater conservation":

Save fuel by cooking several dishes in the oven at one time.

Save sugar by careful planning and careful cooking.

Save butter by scraping every bit from the wrapper.

Save all fat. Clarify and use for cooking.

Save sour milk. It makes tender cakes and biscuits and delicious