

## LET'S EAT

### Gifts 'Of Homemade Jams

By Ida Bailey Allen

#### GIFTS OF HOMEMADE JAMS

"It's a safe bet that almost everybody enjoys a Christmas present they can eat," I said to the Chef.

#### CHRISTMAS SLEIGH

"Your idea is excellent, Madam," he replied. "How would you like a toy Christmas sleigh drawn by Dancer, Prancer, Donner and Blitzen, with Santa Claus in the driver's seat and the sleigh loaded with small jars of homemade jellies or jam?"

"Fine! But perhaps every lady did not make extra small jars of preserves this summer to use for gifts. No matter. She can quickly make them now from bottled juices or dried or frozen fruits."

"I especially recommend the following specialties. They are colorful and very delicious."

**Coconut Apricot Jam:** Use dried apricots. Makes about 10 medium glasses of 5 lbs. jam.

To prepare the fruit: Add 3/2-cup water to 1/2 lb. about 1 1/2-cup dried apricots. Cover and let stand overnight.

Drain, reserving liquid. Grind the apricots or chop fine; mix with the liquid. Measure 4-c. into a very large saucepan. Add 1/4-c. fresh lemon juice.

To make the jam: Add 1-c. shredded or flaked coconut and 7-c. sugar to the fruit in the saucepan; mix well. Place over high heat and bring to a full rolling boil. Let it boil hard 1 min., stir constantly.

**ONION SOUP TRICK OF THE CHEF**

Prepare 1-pkg. dehydrated onion soup as directed, using 3/4 the amount of water. When done sur-heat in 1-c. evaporated milk and stir.

**Words Of The Wise**

The desire for the well-being of one's own nation can be—and must be—made compatible with the welfare of all humanity. —(Louis L. Snyder)

ELEANOR ROSS

### Don't Take Chances With Outdoor Lighting

Part of the miracle that is Christmas, is the way men seem to put aside all but thoughts of giving and sharing! Of course, in that way lies true happiness.

A wonderful part of sharing is decorating the house exterior for the Christmas season, sharing its beauty with passers-by.

**GOOD TASTE**

There's no need to spend a great deal of money on it. Good taste and ingenuity cannot be purchased. Of course, neighbors vie with each other for the nicest arrangement, usually for the fun of it. But often the prize goes to the most elaborately decorated exterior, but to the most beautifully and suitably designed display.

But there's one department that must be done strictly according to Hoyle. The lighting equipment must be that designed for outdoor use, which means that it is absolutely weather-proof. That goes for lamps on a string, individual bulbs, floodlights and spotlights, as well as sockets. There are special sockets with rubber washers or gaskets that exclude all dampness and moisture.

**EXTENSIVE WIRING**

As for the wiring, of course a permanent outdoor lighting system, with underground cable or

Remove from the heat; at once stir in 1/2 bottle liquid fruit pectin. Skim off foam with a metal spoon. Then, stir and skim by turns for 5 min. to cool slightly. This prevents the fruit from "floating."

Ladle quickly into the glasses. Cover the jam at once with 1/4 inch hot paraffin.

Note: This jam may set slowly; allow about a week.

**Strawberry Jam:** Use frozen strawberries, makes about 6 medium glasses or 3 lbs. jam.

Use 3 boxes (10 oz. each) thawed commercially frozen strawberries, or 3-c. home-frozen strawberries, packed with sugar or syrup. If frozen whole, crush and stir.

Measure 3-c. fruit and juice into a large saucepan. Add 2 tbsps. water and 3/2-cup sugar. Bring to a full rolling boil, boil hard 1 min., stir constantly.

Then, stir and skim by turns for 5 min. to cool slightly; this prevents the fruit from "floating."

Ladle quickly into glasses. Cover at once with 1/4" hot paraffin.

**MONDAY'S DINNER**

Cream of Onion Soup  
Chicken Pie (from odds) )  
Whipped Potato  
Big Mixed Vegetables Salads  
Raisin Custard Pudding  
Coffee Tea Milk

**ONION SOUP TRICK OF THE CHEF**

Prepare 1-pkg. dehydrated onion soup as directed, using 3/4 the amount of water. When done sur-heat in 1-c. evaporated milk and stir.

conduit leading to a weatherproof outlet box, is tops especially for outside all but thoughts of giving and sharing! Of course, in that way lies true happiness.

The next best thing, then, is the use of a permanent outdoor type receptacle with its own exterior electric circuit or a protected porch light socket or garage light.

To use an indoor receptacle, raise window slightly and insert a snug-fitting board with a hole drilled in it to bring the electric wire outside. Insert a stick at a strategic spot to lock the window.

Wire used for outdoor lighting should be weatherproof and heavy duty type. A No. 12 or No. 14 rubber-covered wire serves well.

**DO NOT IMPROVISE**

This type of wire should be used for all extension cords. Do not improvise at any time with anything, so far as electrical lighting equipment is concerned and use only and always as specified. Stock up on safety fuses and various types of fuses.

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### LOCAL MUSICIANS USE ANCIENT INSTRUMENT

The recorder, what is perhaps the most ancient musical instrument known to man, is used by this group of children with their instructor, Mrs. E.C. Johnstone, to play Christmas carols. The pastoral element

enter's into many Christmas carols in France and Italy where shepherds descended from the hills at Christmas time to play their pipes in the street before the figures of the Virgin and the Child. It has been said that the melody, now known as "The First Noel" was first heard in

this way by shepherds playing on their pipes.

The group from left to right: Ernest Prowse, Lowell Jenkins, Joan Neale, Roger Balderston, Mrs. Johnstone, Blair Wood, Judith Allan, Barry Diamond, Jeanie Jenkins and Lynne Rodd are planning to visit hospitals,

### KEEP IN TRIM

### How Many Pounds To Your Next Larger Dress Size?

By Ida Jean Kain

If peradventure you are at the top limit of your present size dress, then a mere three to five added pounds can force you into the next larger size. "This is outrageous," a shopper will wail when she finds her regular size an impossibly tight fit.

Why I haven't gained that much weight is that it doesn't take much. Here's the explanation: While there is a wide weight range within which you can wear a certain size, generally speaking the manufacturer's dress size is within two to four pounds of the hip limit at which a woman can wear that size.

However, where you carry your weight makes a difference. Usually it's the middle measurement that gets out of bounds and necessitates the larger size. It has been found that women put on weight much to widen the middle.

Height also is a factor. A short woman weighing 140 pounds will take a larger size than a taller woman of the same weight. The short woman who adds many pounds often has to shift to the half sizes, which are proportioned wider.

In misses dress sizes there is a difference of 1/2 inches in the waist and 1/2 inches in the abdominal extension from one size to the next. However, as weight is gained these measurements tend to spread and the proportionate difference becomes greater in the larger sizes. For example, after size 36, there is a difference of

2 1/2 inches in the waist measurement between sizes, and 2 1/2 inches in the waist measurement between sizes, and 2 1/2 inches through the abdominal extension from one size to the next.

It might shed light on the size change to think back to when you had your last new dress fitted. If the waistband had to be eased, you were on your way to the next larger size.

The standard number of pounds between sizes varies of course with stature. Figure on 10 pounds between sizes in the smaller sizes; 12 to 14 pounds in medium sizes; and 16 pounds between sizes starting with sizes 18 and 36. Some overweights, particularly in the large sizes, find it necessary to reduce a full twenty pounds before they can fit into the next smaller size dress.

Weight also is a factor. A short woman weighing 140 pounds will take a larger size than a taller woman of the same weight. The short woman who adds many pounds often has to shift to the half sizes, which are proportioned wider.

Well, that's the story. The way to fit a smaller size beautifully is to "slim" down, with exercises as well as diet. Happy slimming!

### Spring Fashions Feature A Slender Sheath Silhouette

By OLI DAUM  
Canadian Press Staff Writer  
TORONTO (CP) — Canadian women will choose the sheath silhouette with higher hemline as next spring's leading style. Canadian dress manufacturers say so.

Toronto's 100 garment manufacturers started showing their hopes for 1946 to Canadian retailers this week. Discriminating buyers predict one of the most profitable seasons next spring with the sheath accounting for about 50 per cent of sales.

They base their predictions 70 per cent on guesswork but their years' experience dealing with "unpredictable" women and trends of previous years leave little room for error.

Making its debut in materials next spring will be a new softness. Manufacturers say even the stiffer materials of last spring have been specially treated to look more delicate. Smooth silks feature a nobby weave and linens are prepared to look better with each washing instead of becoming limp and aged looking.

Navajo has retained its lead in the color parade but is threatened by a blend of orange and red. Productions of brown, green, pastels, pink and off-whites have also been stepped up.

Next spring's after-five party girl will wear a hemline hoisted up to 15 inches, leaving the lightly lower 14 inches for more casual occasions.

Manufacturers can hardly wait for midday to get a close-up view of next spring's curve-hugging silhouette. A preview revealed it has many different necklines, most fa-voir of which will likely be the soft collar.

Buyers are also pinning their hopes on sheaths with squared-off, in-front necklines that dip in the back, with scoops, small roll and little-boy collars.

The sheath with last fall's mandarin collar, borrowed from the

orient, and summer's halter-top also are edging into initial orders. For the less sophisticated, designers have sweeping princess lines, lowered torso and empire waists, with full skirts.

**HEMLINES HOISTED**

When the "new look" in the late 1940s ushered in a hemline below the calf, women vowed they would never again raise their hemlines. Now, not yet 10 years later, they have persuaded manufacturers to give them just another inch in which to turn their ankles.

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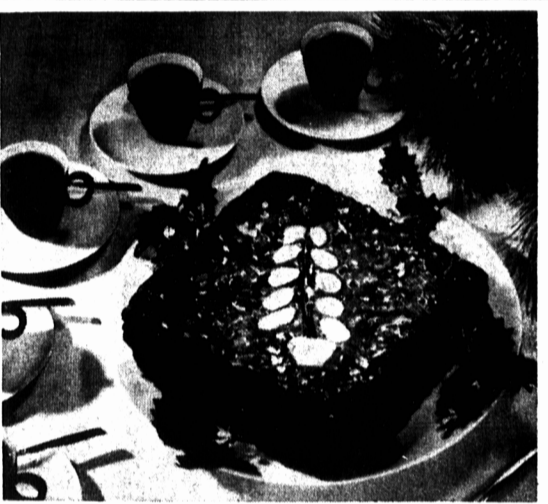
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shut-ins and friends. They will also perform before pre-Christmas meetings of service clubs and women's organizations. The group, organized over a year ago by Mrs. Johnstone, intends to make this practise of caroling an annual event.

(Photo by Barter's Film Lab.)



**CHOCOLATE FRUIT CAKE** — An unusual Christmas treat, though based on the familiar favorite. Different because of the chocolate,

the coffee and grape jelly in it but still dependent on butter, and dried fruits and nuts, for goodness that never fails to please.

### Home Is A Vibrant Place During Festive Holly Days

Home is a vibrant, pleasant scene during the holly days, or holidays, as the case may be for some members of the family... a place to play, a place to ponder and certainly a place of preparation.

On Jo the specific details... but before we give them to you we'd like to take time out to wish you the very merriest of Christmases

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### MARY HAWORTH'S MAIL

### Girl Who Is Gentle And Well-Liked, Lies And Fabricates

DEAR MARY HAWORTH: What would cause a 15-year-old girl to have an urge to lie or fabricate? My daughter Mary is a beautiful child and I believe is well liked. She is kind and sympathetic.

For a long time now she has had spells of lying to her father and me. We punish her for it and then, I believe, she tries very hard to tell the truth. She appears to be trying hard right now, and I haven't caught her lying for quite a while.

However, I was cleaning out her desk drawer and came across several letters she had written to friends in other cities. I don't think she ever intended to mail them, as they were dated a month ago. And I know you will say I shouldn't have read them—but I feel I can help her grow into a finer woman if I know more about her.

**HOW CORRECT?**

These letters were all based on truth, but were full of lies. She told of a gay social life with boys and girls that I know she hasn't had she didn't attend.

I am afraid that she is unhappy and I would like to know how to correct the situation.

She failed the 9th grade last year and is repeating this year. Could this be the cause? She is shy, but not painfully so. Her home life is happy—at least, other members of the family have happy dispositions. Her father and I try to hit a happy medium in social permissions. Please advise us. R.S.

**BOTH IMMATURE**

DEAR R.S.: You say that Mary lies and fabricates. I say she lies. I assume you mean that she denies and conceals certain truths. And by fabricating, I take it you mean that she creates "tail tales" out of whole cloth. I make these distinctions for purposes of discussion.

Now, as to why a child lies it is an attempt to conceal certain dismaying facts and truths that the child feels accountable for, from unsympathetic minds, as a rule. Lying is motivated by fear of condemnation, humiliation, rejection, punishment, etc., usually, in very young children, say of pre-school age, being about uncom- fortable matters is an instinctive reflex, in self-defense. It isn't a deliberate attempt to deceive; it is simply an attempt to smooth out trouble. Of course some fortunate children may be so sympathetic that they aren't fearful of adult reactions to child behavior; and in this happy case, perhaps they never tell a lie.

**SERIOUS SYMPTOM**

Lying in older children—and certainly those past 14 years of age—is a different matter. It becomes indicative of arrested growth of psychological immaturity and poor-

ture. Spread evenly in prepared pan. Garnish top with almonds and glacé cherries. Bake in a slow oven (275 degrees F.) for 4 1/2 hours.

**FROZEN PLUM PUDDING**

(Makes 8 to 10 servings).  
1/2 cup seedless raisins  
12 maraschino cherries, thinly sliced  
1/2 cup chopped dates  
1/2 cup thick apricot juice  
1/2 cup chopped toasted blanched almonds

2 (1 pint) bottles chocolate ice cream, softened  
Soak raisins for 5 minutes in hot water. Drain and cool. In a bowl, combine cherries, dates and apricot juice. Add cooled raisins, then let fruit mixture soak for 1 hour. Add almonds. Stir in ice cream, mixing well. Turn mixture into freezing tray of refrigerator and freeze until firm.

**MARSHMALLOW MINT FUZZE**

(Makes about 60 pieces)

4 cups sugar  
1 (16 ounce) can evaporated milk  
1/2 cup butter  
1 (6 ounce) package semi-sweet chocolate pieces  
1/2 pound marshmallows, cut in half  
1/2 teaspoon peppermint flavoring  
Walnut halves

Combine sugar, evaporated milk and butter. Cook to the soft-ball stage (234 to 236 degrees F.), constantly, once mixture begins to boil. Remove from heat; add chocolate pieces, marshmallows and peppermint flavoring. Stir until blended. Pour immediately into a buttered 13 x 9 inch pan. Cut into squares and place a walnut half on each square.

**MERRY CRANBERRY SAUCE**

Glistening scarlet berries... plump and tender... simmered slowly in their own juice... nothing but pure cane sugar added. That's the way Shirriff's make Cranberry Sauce. For a red and white effect that's as Christmasy as Santa Claus' suit, add snowy blanched almonds to sparkling scarlet Shirriff's Cranberry Sauce. And a Merry Christmas to you!

**Shirriff's Pure fruit JELLIES**

TRY Black Currant Red Currant, Crabapple, Grape Jellied Mint, Cranberry Sauce

**VICKS' MEDICATED COUGH SYRUP**

Is Medicinal as It Penetrates

Here's Relief from Coughs of Colds — so different it will change all your ideas about cough syrup!

At last—a new and pleasant cough medicine! Vicks' Medicated Cough Syrup combines a penetrating ingredient with a medicating formula. Gives faster, more effective relief, doesn't upset stomach. Try it today!

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