

COOK'S CORNER

Make More Jam

In order that the maximum use may be made of our fruit crop this year in all parts of Canada, housewives are being asked to use no larger proportion of sugar than is really needed for canning and jam making. With economy in the use of sugar, the arrangements which have been made by the Canada Food Board are expected to provide a sufficient supply of sugar for the canning season. The following recipes, which have been prepared by experts, have in mind the use of those proportions of sugar which will give the best results in jam making:

Strawberry Jam.

Eight pounds strawberries; six pounds sugar. Mix the strawberries and sugar in a kettle and let them stand over night. In the morning set the kettle over the fire on an asbestos mat, and bring the contents slowly to a boil. Do not stir the fruit any more than is absolutely necessary. Boil gently without stirring until it is sufficiently thick and then put it away in sterile jars.

Apple and Plum Jam.

Four pounds crabapples; four pounds plums; six pounds sugar. Cut the crabapples into quarters and cook in just sufficient water to extract the juice. Strain through a double cheese cloth and add the sugar to the crab-apple juice. Put over the fire and bring to a boil. Stir until the sugar is melted. Then add the plums and boil until the plums are thoroughly cooked. Other apples can be used, but on no account must the skins and cores be thrown away as the pectin is contained largely in the cores and directly under the skin. The Damson plum is quite satisfactory for jam.

Plum Jam.

Eight pounds plums; six pounds sugar. Put the plums and sugar together in a preserving kettle over the fire, with just sufficient water to start the cooking. Boil gently until the fruit is thoroughly cooked. Stir as little as possible.

Raspberry Jam.

Eight pounds raspberries; six pounds sugar. Pick over the raspberries and put the sugar on. Let the fruit remain this way over night. In the morning set the kettle over the fire and bring the contents to a boil slowly, stirring until all the sugar is dissolved. Then cook without stirring until the quantity is reduced and until when tested on cold plate the jam is found to be sufficiently thick.

Raspberry Jam With Currant Juice.

Seven pounds of fruit; one pound or one pint of red currant juice; six pounds sugar. Follow the same directions as for raspberry jam, but because of the juice of the currant that is added, it will require a little longer cooking as some of the water will have to be evaporated.

Old-Fashioned Blackberry Jam.

For each pound of blackberries use three-fourths of a pound of brown sugar. Pick over berries and mash them slightly. Add sugar and cook slowly until thick. Seal in jelly glasses.

Currant Jelly.

Four pounds currant juice; three pounds sugar. Boil the currant juice without the sugar about 10 minutes or until the quantity is reduced. Heat the sugar in the oven, and add when very hot to the liquid, so that the temperature will not be greatly reduced. When all is dissolved, bring to a boil again, and continue from three to five minutes. Test, and when done remove and put away in unsealed jars. When cool, seal with melted paraffin.

Deaf are Doing Worthy Work

PROBABLY the majority of us have been under the impression that one class of people who would not be expected to assist in war work would be those who are deaf. The following extracts from a letter, written by a young girl in the Manitoba School for the Deaf, however, would lead us to change our views in this connection:

"Some people thought that deaf people were useless when war spread its dark wings over our country. It is true that deaf boys cannot become soldiers and deaf girls cannot become nurses, however much they wish to, but helping our beloved country to win the war does not lie totally in that quarter. To begin with, did we not give up our comfortable buildings in Tuxedo Park to be turned into a convalescent home for returned soldiers and take very uncomfortable quarters instead?"

"Most of our boys have spent all of their vacations during the last three years working on our farms, in order to let the hearing men join our country's forces. Some of the girls also spend their vacations in helping on farms so that hearing girls can go to nurse our wounded soldiers."

"Since the war started our girls have made socks, sleeping bags, scarfs and mitts for the soldiers in the trenches, and these things have been sent off. Why, even our small set girls are learning to knit scarfs, while those of 11, 12 and 13 years of age are actually knitting socks as though they had had years of experience in that line."

"In our Household Science class we are using rye flour, and have already sent our former supply of white flour to our soldiers."

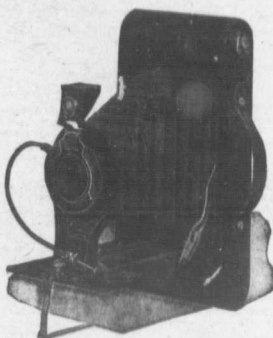
"This coming summer you need not be surprised if you hear that deaf girls from this school are raising war gardens in order to cut down the 'High Cost of Living.' I am one that is planning to help my country in this way, and I am determined to make my plan end in the right way."

Training Sweet Peas

THERE are various methods of training sweet peas, and if one is anxious to have the best possible growth, it is well to know of several methods, so that if the peas do not grow well under one style of training another may be tried the following year.

A great many people use wire netting, as it is easily adjusted, but it is not the best kind of support for sweet peas as the soft tendrils on the vines do not take kindly to the hard wire for support. Dry maple or similar brushwood, or coarse twine is far better, but both of these are more or less unsightly and the brushwood sometimes hard to get. Stakes one and one-quarter inches square, pointed at one end, five or six feet in length, painted green, with one to every six feet of the row, with four or five galvanized wires fastened on them about fifteen inches apart, stretched lengthwise, with coarse twine wound around the wire from top to bottom about twelve inches apart, make a splendid support for sweet peas. It may be necessary to have guy wires, similar to the ropes of a tent, fastened to the top of the stakes here and there, especially at the ends, and fastened to a small stake driven in the ground, to secure stability and prevent sagging. In England, wide meshed netting, made of coarse twine or rope, fastened to stakes, is usually used by successful sweet pea growers. If brushwood can be obtained it is really about as best support, and if put up skillfully is not unsightly looking, and once the vines get well started, wire netting is the easiest obtained. It is too often made use of on this account. The plants should be left about four to six inches apart, and should be thinned down from four to six inches in height, before the plants commence to climb.

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