

## HOUSEKEEPING

### SOME FACTS ABOUT JAMS AND USES; TIME TO TAKE STOCK

One will deny that there are great many sweet things in the world and as far as foods are concerned no one will deny that jams are one of the sweet things of everyday living. If you are one of those industrious, far-sighted homemakers who made a good supply of jams in the summer and still have quite a few full jars on your fruit-ward shelves, the time has come to take stock of what you have on hand. In other words, you can start your spring cleaning among the jam jars.

You'll probably find that those which are specially popular in your family have already appeared, but you may find a jar or two of such jams tucked away on a high shelf or put on a breakfast table some fine morning when one of the family has a birthday, or a favorite aunt or uncle is paying a visit. The smart thing to do is to alternate the few kinds of jams you have left, so that you won't be carrying any of the popular ones over into next year and for greater variety, you may want to buy some jams to use along with your homemade ones.

Has it ever occurred to you that when we talk about the kinds of jam we buy, "kind" has a double meaning? It is natural to think of it as describing the fruit used in making the jam, in other words strawberry jam, cherry jam, plum jam, to name only a few. However, in another sense the word there are three kinds of jam made and sold in our stores. The Consumer Section says that jams are made according to definite standards, or, as we might call them, commercial or large quantity recipes accurately followed. First, there is

"Pure Jam" made from fruit and sugar only, except that, in the case of a fruit naturally low in either acid or pectin, a small amount of either, or both, may be added to make up the deficiency so that the jam will thicken properly. Then there is "Jam with Added Pectin," while the third kind of jam is a combination of apple or rhubarb and another fruit, apple and plum jam for example. A pure jam has about one and one-half times as much fruit in it as a jam with added pectin, and about four times as much of the more expensive fruit as a jam containing apple or rhubarb.

You'll notice that the kind of jam, in both senses of the word, is always shown on the label of the jam jar or tin. It gives the name of the jam according to the fruit used and also you'll see the words "pure jam" or "jam with added pectin" or "apple or rhubarb and," naming the other fruit jam. Something else that is there for us to read, is the net weight of the jam or the amount in fluid ounces. Incidentally, jams may be sold in only five sizes of containers ranging all the way from a six fluid ounce jar which holds half a pound of jam to a forty-eight fluid ounce container, which holds four pounds of jam.

Home economists remind us that jams have other uses besides being a spread for the breakfast toast. They recommend that you try these tested and unanimously approved Strawberry Tea Cakes or Jam Squares the next time you want to bake something very tasty and a little out of the ordinary.

**STRAWBERRY TEA CAKES**  
1/2 cup shortening, preferably part butter

1/2 cup sugar  
2 eggs  
3 tablespoons strawberry jam  
1/2 cups sifted pastry flour  
OR 1 1/4 cups sifted all-purpose flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
Cream shortening until fluffy, add sugar gradually and cream well together. Add well-beaten eggs and jam and beat thoroughly until light and creamy. Mix and sift together the flour, baking soda, baking powder and salt and gradually add to the creamed mixture, blending thoroughly. Fill greased muffin tins 2/3 full and bake in a moderately hot oven, 375 F., for 20 minutes or until done. Yield: 18 medium cakes.

**JAM SQUARES**  
1/2 cup sugar  
1 1/2 cups sifted pastry flour  
OR 1 cup plus 2 tablespoons sifted all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
Grated rind of 1 lemon  
1/3 cup shortening  
1 egg  
1/2 cup strawberry jam

Mix and sift together sugar, flour, baking powder and salt. Add grated lemon rind. Cut in shortening with pastry blender or two knives until mixture resembles fine oatmeal. Add well-beaten egg blending thoroughly. Press 2/3 of the mixture into a greased 7" x 7" cake pan. Dot with jam. Drop the remaining 1/3 of the dry mixture by spoonfuls on the jam. Bake in a moderate oven 350 F., until lightly browned, 10 to 15 minutes. These are best when eaten fresh. Yield: 1 pan of squares 7" x 7".

**VAST STRUCTURE**  
The Capitol building in Washington, D.C., occupies an area of about 3 1/2 acres.

**SHALLOW LAKE**  
The deepest sounding in Lake Erie is 210 feet, compared to 1,290 feet in Lake Superior.

**FIRST MINT**  
The first United States mint was established at Philadelphia in 1792 by Act of Congress.



COMMEMORATIVE—Mrs. St. Laurent, wife of the prime minister, received this work-box of the Louis-Philippe period from Mme. Vincent Auriant during the latter's visit to Canada with her husband, President Auriant of France. The work-box is of lemon-tree wood encrusted with vermeil motifs. (CP PHOTO)

## Dr. Evatt Faces Woman

By LOUIS L. LECK  
Canadian Press Correspondent

### Election Opponent is "Neck Breaker"

SYDNEY, Australia (CP)—Dr. Herbert Vere Evatt, deputy leader of the Australian Labor party and former president of the United Nations General Assembly, is fighting hard to hold his parliamentary seat.

He is opposed in the April 28 Australian general election by Mrs. Nancy Wake, a heroine of the Second World War who tackled the doughty Evatt in the 1949 election and whittled his 1946 majority of 11,000 to a mere 2644. This time the fight is tougher because Dr. Evatt must contend with the Communist issue.

Last year Dr. Evatt opposed the coalition government's bill to dissolve the Communist party when it was before the House of Representatives. His denunciation of some of its provisions astonished both his friends and his enemies by its passion and feeling.

Then the ALP ordered parliamentarians to cease opposing the bill which was passed.

The Communist party and several unions challenged the act in the high court and Dr. Evatt accepted a brief to appear for some of the unions.

He won the case and a few weeks later successfully defended the Communist miners' president, Idris Williams, against a summons for contempt of court arising out of the one-day-a-week coal stoppages.

For this, Dr. Evatt was bitterly attacked both inside and outside the Labor party.

### BOUND TO ACCEPT

He claimed that as a barrister he was bound to accept a brief offered to him unless there were overwhelming reasons why he should refuse it.

A brilliant university student and one of Australia's leading constitutional lawyers, Dr. Evatt in 1930 was appointed by the Scullion Labor government to the high court at the age of 36—without precedent in Australia. In 1940 he resigned to contest the apparently safe anti-Labor seat of Barton. He won the riding and in 1941, when the Fadden government was overthrown, became attorney-general and minister of external affairs in the first Curtin government.

While a minister, he worked hard and made his staff work hard. It is said of him that wherever he went he left a trail of ulcers, heart attacks and nervous breakdowns.

He fought hard at the San Francisco conference in 1945 for the rights of small powers in the projected United Nations and against the veto power which was given to the Big Five.

He was elected president of the U.N. General Assembly for 1948-49.

At home he threw himself into the bank-nationalization controversy, helped draft the legislation and helped his leader J. B. Chifley, pilot it through parliament.

Then when the Act was challenged he donned wig and gown again and argued—unsuccessfully—its constitutionality before the high court and the privy council.

### IN FRENCH UNDERGROUND

Mrs. Nancy Wake is 38, plump, vital, fun-loving but deadly serious; an idealist who can be realistic; a one-time Sunday School teacher who has broken a man's neck in the course of duty.

For her work with the French underground movement during the Second World War she was decorated with the George Medal, the Croix de Guerre with palms, the Medaille de la Resistance and the Medal of Freedom with bronze palm.

She was born in Wellington, N.Z., and came to Australia when she was six months old. In 1937

she went to England and met a prosperous French steel merchant, Henri Flocca, whom she married in 1939.

When France collapsed Henri and Nancy Flocca organized an escape route for British airmen and soldiers.

After a traitor denounced the organization, Henri Flocca was captured and shot. His wife escaped to England.

She became Ensign Nancy Wake of the "Fannies" (first-aid nursing yeomanry), and then demanded to be trained as a saboteur. She learned, among other things, how to kill silently, barehanded.

On her first mission she was parachuted into France with orders to assist in the blowing up of a factory.

"I must have made a noise," she recounts, "because a sentry turned and saw me. I stepped up to him and broke his neck."

She was awarded the George Cross for her work on her third mission into France. When she took command of a group of men and showed "exceptional courage and coolness in the face of enemy fire."

Then for months she worked with the Maquis, helping to train and instruct them. They called her "Madame Andre."

She came back to Australia in January, 1949, with no greater ambition, she says, than a quiet life, a nine-to-five job, and a weekly pay envelope.

"Then I came down to earth, seeing exactly the same sort of things happening here as caused all the trouble in Germany and Europe... that is why I decided to take up politics."

Mrs. Wake's first political assignment was a tough one. She was given the Liberal party's endorsement to contest Barton against Dr. Evatt, in 1949.

It looked an impossible task. She was a political novice, unknown, standing against a man with an international reputation.

But Nancy Wake is a fighter who has re-assumed her maiden name by deed roll, got a job as appeals liaison officer for legacy.

## To Celebrate Independence

At last night's Sons of Norway business meeting arrangements were made to hold the annual celebration of Norwegian Independence Day on Friday, May 18.

Cancellation of the regular Friday night dance this week was decided by the members in view of the Prince Rupert Fishermen's Co-operative's farewell dance for fishermen to be held in the Civic Centre. Mike Colusi, who usually plays for the Sons of Norway, will provide accordion music for the farewell dance.

Arrival of the 70 new chairs for the S.O.N. Hall was noted. They will be installed in the hall immediately.

Nils Gundersen, president of the lodge, was in the chair. Refreshments were served by Mrs. G. Gustafson and her committee.

## Alaska Interest In Rupert Road

JUNEAU—Alaskans have received with interest the announcement of the reopening of the Skeena Highway, leading eastward from Prince Rupert to Prince George and thence south. Not a few southeastern Alaska motorists are planning to ship their cars to Prince Rupert this year and thence drive south. Others plan travelling in the reverse direction and shipping their cars north from Prince Rupert.

## Marriage of Quintuplets

CALLANDER, Ont.—The Dionne quintuplets, within the next few years, will break up as a family unit.

This is predicted by Oliva Dionne, father of the famous sisters, as they approach their seventeenth birthday. He emphasizes that their choice of future careers is being left to the girls themselves, but he considers it likely that one or more of the quintuplets will marry.

"Is it not the ambition of all French-Canadian parents to see their children happily and suitably married?" he asked. "To be eligible to marry his daughters, he does not consider it necessary that their suitors be wealthy. Character is far more important than money. But first, they must make my daughters happy. Love is the most important thing of all, because you cannot buy love."

The quintuplets are already going out on dates with boys their own age from the nearby town although these dates and parties are still carefully chaperoned. The girls themselves have expressed the opinion that the proper time for marriage is the age of twenty—only three years away.

Mr. Dionne also referred to the suggestion that one or more of the quintuplets might enter a convent. He said he would not object to this and that he was trying to provide them with an education which would make them capable, self-reliant, and able to take their place in whatever future they choose for themselves.

## Ocean Falls Hits Its Cancer Quota

OCEAN FALLS—Ocean Falls, with a quota of \$1750 in the annual Conquer Cancer Drive, is already over the top. A total of \$1850 has already been collected.

## hotel arrivals

(Prince Rupert)  
G. Naylor, B. G. Burns, G. McKenzie and D. J. Morrell, Vancouver; G. McGregor, Butehead; F. Ladner, Vancouver; K. Anderson, Houston; R. L. King, Nanaimo; Mrs. L. Hansen and Mrs. L. Stanton, Oona River.

Nottingham, England (CP)—Nottingham University runs a flying club of which the members are all men. A 26-year-old girl, who has piloted a plane for three years, said "maybe they are shy" after she was refused entry.

ASPIRING SPIRE  
Tallest cathedral spires in the world are at Ulm and Cologne, both in Germany, respectively 529 and 512 feet high.

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