

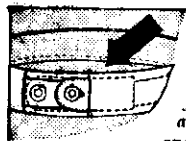
Famous cricketer *B. Sutcliffe*
praises "Action Waist"
trousers by Canterbury



"The Action Waist construction of Canterbury Sports Trousers makes them the most comfortable self-supporting trousers I have worn," says Bert Sutcliffe. Without belt... without pressure the unique "Action Waist" gives a comfortable fit yet leaves the body free. And behind this wonderful comfort-in-action feature is faultless tailoring of superb worsted, a Saville-Row-smart cut and beautifully finished details inside and out. Grey toned worsteds in a full range of sizes.

"ACTION WAIST"

THE "ACTION WAIST"
NO belt—NO pressure

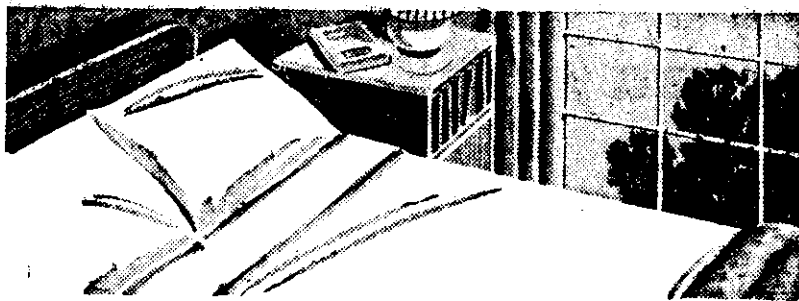


A wide concealed elastic band (adjusted outside by neat side button fastenings) runs around the sides and anchors firmly at the back seam. Although the "Action Waist" grips firmly without rigidity, pressure or tightness and leaves the body free, under no circumstance can the band roll over or buckle.

SPORTS TROUSERS
by

Canterbury

• AS WORN BY
FAMOUS SPORTSMEN



White things
need
Blue

Just a swish or two of Reckitt's Blue in the final rinsing water prevents linens turning that dingy yellow colour. All white clothes retain that dazzling snow-white sparkle every housewife admires.

Reckitt's Blue



SOME EARLY JAMS

RASPBERRIES, strawberries, loganberries, boysenberries, red and black currants, some kinds of plums, and apricots are all ready for jam making about the same time, so here are some suggestions. The commercial pectin which we could not obtain during the war is now available, and reduces cooking time for jams and jellies tremendously. However, many people like to stick to older methods. Always watch jam while making and test frequently, because the setting stage often comes quite soon after one testing, and if left too long jam will over-cook and get sugary when cold, and also too dark. Stir thoroughly while gradually adding the sugar because it is important that the sugar be thoroughly dissolved (if not the jam will go "sugary"). For most jams, the fruit is cooked first, then the sugar is added. If the sugar has been warmed it dissolves much more easily. Berries and currants need very little water, only enough to keep the fruit from sticking until the juice begins to run. Test jam by dropping a little on a cold plate. Tip it sideways and a wrinkly skin should form; or draw your little finger through the middle, and if it is slow in joining together again it will set when cold. There has been some uneasiness as to whether English beet sugar is suitable for jam-making. The ruling seems to be clear, that beet sugar is chemically identical with cane sugar, though it appears coarser; so dissolve it well. Brown sugar is not advisable, but honey may be used, either alone or with half sugar. Honey contains more moisture, so use less water. Berry jams, which are slow in setting, may be helped by adding tartaric or citric acid, about one level teaspoon of acid to 2 lb. of fruit. It may be added just before putting in the sugar; or the juice of a lemon to 2 lb. of fruit. If still not setting, add a small teaspoonful of acid to an ordinary boiling of jam just before taking it up.

Raspberry or Strawberry Jam

Bring berries slowly to the boil. Then stir in carefully 1 lb. sugar to each lb. berries. Bring back to boil and boil hard and quickly for 3 minutes. This method retains the bright colour and natural flavour. Do boysenberries the same, but boil for 5 minutes.

Raspberry or Red Currant Jam

Pick over fruit, wash and weigh very carefully. Don't leave in water. Drain, put into preserving pan, and crush a few to start the juice. Bring to the boil quickly, and add an equal weight of sugar. When dissolved, boil rapidly till it will set (8 to 10 minutes). Red currants may be strained before adding sugar.

Red Currant Jelly

Six pounds red currants and 1½ pints water. Wash fruit thoroughly; remove leaves but not stalks. Simmer fruit and water over low heat until fruit reduced to pulp. Strain through jelly bag, and allow to drip for several hours. Weigh juice, put into pan, bring to the boil,

then add an equal weight of sugar. Stir till dissolved, then boil 5 to 10 minutes. till jelly will set when tested. Bottle hot.

Three Fruit Jelly

Two pounds black currants, 2 lb. red currants, 1 lb. raspberries. Put into pan with just enough water to cover. Bring slowly to the boil, and simmer gently till thoroughly cooked. Put in jelly bag, leave to drip all night. Next day, put

POTPOURRI

TAKE petals from about 36 strongly-scented roses (mostly red), as much dried lavender as desired, any other scented flowers (verbena, clove pinks, carnations), sweet-scented leaves, or herbs such as geranium, thyme, sage, rosemary, some dolphinium or marigold petals for colour. From chemist 2 oz. powdered orris root, about a shilling's worth of essential oil of lavender, or sandalwood, or rose-geranium; about 3 teaspoons ground allspice, or cinnamon, or cloves, or some of each. Pick the roses while in full bloom early in the day as soon as the dew is off. Spread on suitable tray and dry in warm, dry place, but not in full sun. Turn often. Will take several days. Dry every fresh batch of leaves separately. Cut lavender before spikes blossom. Tie in bundles and dry in paper bags until crisp and dry, then rub off the flower buds. Dry everything thoroughly or mildew will spoil. Finally mix everything well, spray with the essential oil, and put in covered jars or boxes.

cup for cup of sugar (1 lb. sugar to each pint of juice). Bring quickly to the boil when sugar is dissolved, and boil slowly for 15 minutes, or till will set.

Strawberry and Gooseberry

To 5 lb. gooseberries allow 2 lb. strawberries, 7 cups water and 9 lb. sugar. First boil gooseberries in the water for 20 minutes. Add sugar, stir till dissolved, then add strawberries and boil ¾ hour, or until it will set when tested.

An alternative recipe gives 2 lb. each of gooseberries and strawberries, ½ pint water and 4 lb. sugar. Method the same. Have strawberries slightly under-ripe.

Raspberry and Rhubarb Jam

Four pounds raspberries, 3 lb. sugar, 6 lb. rhubarb. Cut rhubarb small, sprinkle with sugar, and leave all night. Bring to boil next day, and cook till soft. Add raspberries, and boil till it will set when tested.

Plum and Raspberry Jam

Six pounds cherry plums, 6 lb. sugar, 3 lb. raspberries, 1 cup water. Boil plums in water and remove stones, add raspberries and sugar. Cook 20 minutes, then test. Half of this quantity of jam can be made if desired.

Plum and Black Currant

Four pounds plums, 3 lb. black currants, 2 pints water. Boil till soft, then