

HOME

Good Canning.

How often do you hear the complaint that the squash or beans you look so much trouble to can have a little bitter taste from the preserving acid you used? It does not affect corn or tomatoes in this way, but does almost every other vegetable. Secure the best vinegar you can buy on the market and try the following recipe, which has been used with success:—

Wash your beans thoroughly. Some persons string them, but they retain their flavor better whole. Measure them carefully in a quart cup, counting each quart as you put it into the kettle. Add just enough water to cover them. Then put in one teaspoonful of vinegar to every quart of vegetables. Cook until tender, but not a minute longer. Have jars scalded and standing in hot water. Fill to overflowing with the hot vegetables and put caps on instantly. The rubbers should be put on beforehand.

The same recipe applies to squash, butter beans and okra. A teaspoonful and a half of vinegar is required for cucumbers. These are gathered just before they are ripe, and are peeled, not sliced. An inferior vinegar will ruin your work.

Danish Pickle.—Cut three medium-sized heads of Danish cabbage, commonly known in America as purple cabbage, and three quarts of firm onions in moderate-sized pieces. Mix thoroughly with the vegetables one large cupful of salt. Put in a thin bag to drip overnight. The next morning wash the cabbage and onions through several waters, and then boil them until tender in a porcelain or granite vessel. Then squeeze all the water from the mixture.

In one pound of brown sugar mix two tablespoonfuls of ground, cinnamon and add three quarts of the best cider vinegar. In a little cheesecloth bag put one tablespoonful of prepared pickle flavoring, which can be bought in ten-cent packages, and place it in the vinegar. When the liquid begins to boil, add the cabbage and onion. Separate thoroughly two packages of seedless raisins and put them into the boiling cabbage-and-onion mixture. Let all boil ten or fifteen minutes; then take up and put in jars. The pickle will be ready to eat when it becomes cold. The cabbage when put into the vinegar will immediately turn a pink color, which adds to the attractiveness of the pickle.

Spinach for Winter Use.—To can spinach, remove all the stalks and stringy fibres. Wash it in several waters, put in white very wet into a saucepan with one tablespoonful of salt, but add no other water. Boil quickly for eight minutes and cool. Drain and pack into the jars. Fill the jars with cold water, adjust the rubbers, put the tops on loosely and stand the jars in a boiler, the bottom of which is protected by a rack.

Surround the jars partly with cold water, cover the boiler and boil continuously for one hour. Lift one jar at a time, screw down the lid, cover the boiler and boil for another hour.

You cannot lift the lids from any of the jars and lay them on the table, and then put them back on the jars and have the contents keep. The lids must be screwed down without taking them from the jars.

The lids should be solid, either glass or other material, without lining. All jars, caps and rubbers ought to be boiled and kept hot until used. Always use new rubbers.

Canned Beets.—Only tender young beets, about an inch and a half in diameter, can be canned successfully at home. Scrub the young beets, being careful not to bruise the skin, first cutting off the leaves, leaving at least an inch of stem. Cook until tender in boiling water, drain, cover with cold water, and with the hands push off the skins. Put them into hot sterilized fruit jars and set them on a rack in a steam kettle or boiler. Add a tablespoonful of salt and two tablespoonfuls of sugar to each quart and fill the jars with lukewarm water. Pour water into the boiler until it comes half-way to the top of the jars. Put the covers in the water beside the jars, cover the kettle and let the beets steam an hour; adjust new rubbers and the covers and cook another fifteen minutes, and then set aside to cool.

Useful Hints.

A cut lemon rubbed on the forehead will cure a severe headache. Window plants can be strengthened by your putting a rusty nail in the soil. Lace can be both "creamed" and "starched" by rinsing in water



Smart Fall Gown by Becker.

Model of brown and white-striped wool cloth, with collar, vest and belt of brown poplin.

to which a well-beaten egg has been added.

Onion stains can be quickly removed from the fingers by applying dry salt to them.

If sausages are dipped in boiling water before being fried they will remain whole.

New potatoes put in salt water, or water with soda dissolved in it, will "scrape clean" quite easily.

French chalk applied to grease spots on flannel suits brings out the grease if the garment is held near to the fire.

When a pillow case begins to wear it should be unstitched at the bottom and folded so that the old side seam goes down the middle.

Buckskin shoes can be cleaned by making a lather of good scouring soap. Take a small brush and rub the lather thoroughly into the shoes. When dry brush off again.

People who keep houses dark for fear of the sunlight spoiling their carpets or furniture have no idea of the disease-destroying influence of sunlight and air.

A veil can be made crisp if dipped in alcohol and hung up inside to dry.

Green peppers stuffed with fresh green corn and baked make a delicious dish.

Tablecloths should be slightly starched. They keep clean longer and look better.

Cotton sheets are more economical than linen; they last longer and are much more healthful.

In sleeping, keep the head as low as possible, so that the blood may have unimpeded circulation.

The stove polish will be blacker, glossier and more durable if you mix it with turpentine instead of water.

Tomatoes for sauce cannot be cooked in a hurry. If you cannot give them two or three hours, do without them.

Spare linen should be used occasionally, or it will yellow, and when brought into full service will go very quickly.

If you dampen your brush and pass it through your hair two or three times a week, it will prevent superfluous greasiness.

If washing for repainting, use no soap, but wash with soda and water. If soap is used, the new plant will not dry so quickly.

Sastor oil rubbed thoroughly into boots and shoes will make them soft.

When curtains are hung up to dry they should be hung double over the line.

Cold slaw served in green pepper shells is a dainty bit for luncheon. The old-fashioned Shetland shawl should be washed in bran and warm water—no soap.

If a piece of sugar is put into the water that flowers stand in, they will keep fresh quite a long time.

Wet shoes should be stuffed with paper before they are put away; they will dry more quickly and not be so hard.

Finger marks on the doors will clean off easily if the cloth is first dipped in kerosene; then wash in the usual way.

In preparing eggplant press it under water instead of just salting it. This prevents the vegetable from turning black.

Wall paper can be cleaned by making a paste of whitening. Lay it thick on the marks, allow it to dry, then brush off.

Half a lemon squeezed into a glass of warm water and drank before breakfast is said to be good for the complexion.

Linen can be rendered non-flammable by washing it in a solution of two ounces of alum dissolved in a gallon of water.

It is best to iron underwear on the wrong side. This makes the surface smooth, and it will not be apt to irritate the skin.

After washing a china silk dress do not hang it out to dry; but roll it up in a towel for half an hour; then iron on the wrong side.

Apples cut in irregular pieces will cook more quickly in a pie than if sliced, for they do not pack closely as slices do, and so the hot air comes more easily in contact with the fruit and cooking is facilitated.

THE DOCTOR'S GIFT.

Food Worth Its Weight in Gold.

We usually expect the doctor to put us on some kind of penance and give us bitter medicines.

An Eastern doctor brought a patient something entirely different and the results are truly interesting.

"Two years ago," writes this patient, "I was a frequent victim of acute indigestion and biliousness, being allowed to eat very few things. One day our family doctor brought me a small package, saying he had found something for me to eat.

"He said it was a food called Grape-Nuts and even as its golden color might suggest it was worth its weight in gold. I was sick and tired, trying one thing after another to no avail, but consented to try this new food.

"Well! It surpassed my doctor's fondest anticipation, and every day since then I have blessed the good doctor and the inventor of Grape-Nuts.

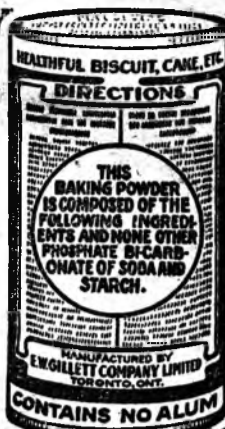
"I noticed improvement at once, and in a month's time my former spells of indigestion had disappeared. In two months I felt like a new man. My mind was much clearer and keener, my body took on the vitality of youth, and this condition has continued."

"There's a Reason." Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



TO GUARD AGAINST ALUM IN BAKING POWDER SEE THAT ALL INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL, AND THAT ALUM OR SULPHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE IS NOT ONE OF THEM. THE WORDS "NO ALUM" WITHOUT THE INGREDIENTS IS NOT SUFFICIENT. MAGIC BAKING POWDER COSTS NO MORE THAN THE ORDINARY KINDS. FOR ECONOMY, BUY THE ONE POUND TINS.



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THE WORLD IN REVIEW

Cheap Living, But No Rush.

The increasing cost of living is a worldwide phenomenon, but there are spots that have remained unaffected by it. A British traveler informs an eager worlder that the cheapest place to live in is north-western Syria, and especially Antioch. He lived there a whole winter on a pound a week, though he had a fire house and servants. A friend had told him that one could live there comfortably on \$200 a year.

Verily, with eggs at 2 cents a dozen, fruits and vegetables for a ridiculously small sum a week, mutton at 7 cents, Antioch is an ideal place. Yet you need not, if you plan an immediate removal to Antioch or vicinity, fear a rush and jam. Antioch is all right, especially in winter, but there is no life there. We are not after cheap living, but after cheaper living right where we are, where we work and play and enjoy social and political and aesthetic advantages. There's no place like home, if we can afford to stay there and pay the bills.

Wonders of Future Journalism.
In a presidential address a London editor spoke glowingly of the future of the daily newspaper on its technical and commercial side. Papers will be distributed by pneumatic tubes; editions will appear hourly; lazy persons will not need to read even the headlines, for the gramophone will blow the news to them in their offices or rooms; reporters will carry telephones with them and send items by the wireless; and so on.

All this is quite possible. Yet there are many newspaper men who are not enthralled over this prospect. Some of the things that are not in the picture are present in their minds. They like to think of the great newspaper as an educator and purveyor of news that cannot be belied by men and women. They like to think of the quiet enjoyment of reported debates, correspondence articles, reviews, editorials by men and women who love things of the intellect and of the spirit.

What of these readers? Technical marvels are not nearly so important to them as truth, accuracy, dignity, intelligence and responsibility in journalism. But how they would rejoice in a technical invention that automatically kept out of newspaperdom the yellow sensationalists and the fakery!

Trade of the Country.

In spite of the financial stringency Canada's trade is more than holding its own. The returns for the last four months of the current fiscal year show a substantial increase over the same time in the previous year. The total Canadian trade for the four months ending on July 31st, was \$358,488,000, compared with \$328,635,000 for the corresponding period in 1912. This makes an increase of nearly \$30,000,000. There was an increase in the imports of about \$15,500,000 and in the exports of about \$10,000,000. This year's figures, if the same progress is anything like maintained, will add about \$100,000,000 to the total trade of the country. But it will be necessary to wait for a couple of months before one can safely estimate up the year's business. So far the results are better than anticipated.

Pure Food.

As eternal vigilance is the price of liberty, so it is the price of purity. If the people will insist on all occasions on avoiding what is doubtful and upon being served only with goods that have been proved again and again to be above suspicion, a change will soon be brought about. In this connection it will soon cease to pay and ceasing to pay will soon cease to be practised. The Government, through their inspectors and analyses, are doing what they can in this matter, but their efforts can be only partially successful unless public support is accorded in very full measure.

British Crown Colonies.

According to a report presented to the British House of Commons by Mr. Lewis Harcourt, the Colonial Secretary, the Crown Colonies are growing and prospering in a most satisfactory manner, and are everywhere sharing with the United Kingdom the present wave of material prosperity. The trade and commerce of these colonies are particularly encouraging. Exports are rapidly growing, new industries are developing, and wealth is increasing.

The growth of cotton in the Empire is one of the most notable indications of the rapidly increasing prosperity of the colonies. A few years ago Lancashire cotton mills were wholly dependent for their material on foreign countries, and the bulk of the supply came from the United States. There were regions within the Empire suitable for the growth of cotton, but they made no attempt to cultivate it, until a subsidy of \$50,000 a year was granted to the British Cotton Growers' Association by the British Exchequer. That wrought a great change. In seven years the exports of raw cotton from the Crown Colonies have almost doubled, while the exports of cotton seed have increased in still larger proportion.

Africa Cotton-raising has also taken a hold in Ceylon and the West Indies. Now the Empire may be said to be producing its own raw material for the mills in Lancashire.

In rubber production alone the exports from Ceylon and the Malay Straits have risen, between 1905-12, from six million pounds to fifty-one million pounds. Tea-growing is a new enterprise in Nyassaland. There is also a satisfactory export trade in bananas. The prevailing spirit in the South Atlantic also shows a progressive spirit in the colonies.

A Thrifty People.

The facility with which the Canadian immigrant finds prosperity is perhaps as much due to the habit of thrift he acquires as to the opportunities offered him by way of employment, though naturally the two are closely related. Luxury, whether in the form of extravagant living or superfluous pleasures, is not yet sapping the vitality of the nation. The eagerness of working people to put a little by for a rainy day was recently demonstrated at Vancouver. A local newspaper offered a pocket savings bank and

a first deposit of fifty cents to every person who cared to apply for the same, on the sole condition that they would open a savings account in a local bank. The bank in question offered interest at four per cent. per annum, compounded every three months, the money so deposited to be available for withdrawal by cheque at any time. Two thousand persons availed themselves of the offer in a single day. The total deposited in savings banks of all kinds in Canada is roughly \$225,000 for a population of about 7,000,000, or nearly four times as much as is deposited in the Post-office Savings Bank in Britain, where the population is five times as great.

A Bad State of Affairs.

In the fourth annual report of the Commission of Conservation there is a brief account of a survey of the Trent Canal watershed above Peterboro made last summer by Dr. Fernow, of Toronto University. While this survey was for the purpose of making an inventory of the timber resource of the area in connection with a reforestation question, the conditions under which the scattered farms were tilled forced themselves on the notice of the surveying party.

In some of the back townships north of Peterboro the soil covering over the rocks is so thin that the pocket farms are practically incapable of sustaining a family. Some of the families trying to eke out an existence on them are, it is stated, rapidly becoming degenerate. In 1911, 193 farms were for sale for taxes averaging a rate of 6 cents an acre. From 100 to 500 families, or from 500 to 1,000 persons, are living in a state of poverty and often depravity that would shock the people of the province were the full details to come to light.

Of the truth of what Dr. Fernow says, Police Court records of cases of a most degrading character from these equal farms furnish eloquent testimony. Life in some of these remote farmhouses has sunk to a level not far removed from mere animalism, as ministers who have traversed the districts know. In the last ten years there has been a decrease in the population of about 15 per cent., which indicates a migration to better conditions, but financial helplessness and ignorance still induce scores of attempts to extort a living from soil never meant to yield it. Plans for the recuperation of the area, most of which is suitable only for timber production, have been prepared following the survey. Perhaps when these are brought forward for consideration the humanitarian side of the question may give the problem an interest it would never possess as a matter of mere reforestation.

Another Quibble.

"They say he left everything to his wife."
"He couldn't do that."
"Why not?"
"Because he left it to his widow."

Last Resource.

"Darling," he cried, "I can not live without you."
"But," she replied, "my father is bankrupt."
"In that case," he despondently replied, "I guess I'll go and shoot myself."

Good Test of Friendship.

"Are you good friends of the Browns?"
"I should think so. We're taking care of their canary, bulldog and goldfish while they are away on their vacation."

Honesty means what a man thinks as well as what he does. And a man is nothing short of a fool now-a-days who is not absolutely honest.

The real and enduring greatness of a nation always has its source in the home; patriotism dwells within the home that is happy.

"NA-DRU-CO DYSPEPSIA TABLETS"

Proved of Great Value to Me

There is only one explanation for the numbers of enthusiastic letters that we receive praising Na-Dru-Co Dyspepsia Tablets, and that is that these tablets certainly do cure any kind of stomach trouble.

Here is a typical letter from Miss Eliza Armsworthly, Canoe, N.S.:

"It is with pleasure I write to inform you that your Na-Dru-Co Dyspepsia Tablets have proved of great value to me. I tried remedy after remedy but without any lasting good. Having heard of your tablets curing such cases as mine I decided to give them a fair trial. They proved satisfactory in my case."

The remarkable success of Na-Dru-Co Dyspepsia Tablets is such a success as can only come to an honest remedy, compounded according to an exceptionally good formula, from pure ingredients, by expert chemists. If you are troubled with your stomach just ask your Druggist about Na-Dru-Co Dyspepsia Tablets, compounded by the National Drug and Chemical Co. of Canada, Limited, and sold throughout the Dominion at 50c. a box.