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About the House

DOMESTIC SCIENCE AT HOME

Tenth Lesson.—Vegetables

Vegetables are classified into two distinct groups, as green vegetables, composed of stems and leaves, and starchy vegetables, consisting of roots and tubers, such as white and sweet potatoes, turnips, carrots, beets, radishes, parsnips and onions. Vegetables are also classified into the carbohydrate group. They contain starch, sugar, cellulose and mineral salts.

Peas, beans and lentils are classed as legumes, because they contain valuable protein, which may take the place of meat. Green vegetables are valuable for their salts and acids, and also for the cellulose, which is very necessary to the body, as it furnishes material for bulk, diluting the highly concentrated foods.

The starch is inclosed within the tiny cellulose wall, which, when cooked, softens, permitting the grains of starch to expand, and therefore be easier to digest.

All vegetables contain a large percentage of water, and with the exception of the legumes and corn little protein and fat.

Classification of Vegetables

Beets are valuable for their carbohydrates, which is in the form of sugar. Carrots, turnips and parsnips contain large amounts of cellulose, and are difficult to digest. Onions are rich in an aromatic oil which contains a large amount of sulphur. The onion is also valuable for its diuretic qualities. Radishes contain large amounts of cellulose, and are very valuable for bulk.

Asparagus is easy to digest, and is of diuretic nature. Cauliflower, cabbage and brussels sprouts are of the same family. Cucumbers contain mineral salts and cellulose. Spinach has well known aperient qualities.

Endive, celery, lettuce, romaine, corn salad and cress and chickery are easily digested and are cooling, also purifying the blood stream. Potatoes are rich in starch and mineral salts. Tomatoes are of a diuretic nature and are especially valuable for their flavor and the variety that they furnish to the menu. They contain various mineral salts, and are easily digested.

Preserving the Autumn Fruits

Apple Butter.—One-quarter bushel of windfall apples, two gallons of water. Wash the apples and remove all blemishes. Cut in quarters and do not peel or core. Place in a preserving kettle. Start cooking. Use a wire potato masher to mash and stir the pulp. Cook gently for forty minutes, or until the mixture is a very soft mass. Cool and then rub through a fine sieve. Return to the kettle and add one quart of vinegar, two pounds of sugar. Stir to dissolve the sugar. Now tie the following spices in a piece of cheesecloth and add to the apple mixture: one cupful of cinnamon, four tablespoonfuls of nutmeg, two tablespoonfuls of cloves, two tablespoonfuls of allspice, one tablespoonful of ginger. Cook slowly until thick like apple butter, stirring frequently to prevent scorching. When thick pour into pots or crock. Seal with paraffin in the usual manner for jellies.

Apple butter that contains large amounts of sugar is liable to ferment. Use in tarts, pies and cakes. Spread it on bread and save the butter.

Pear Marmalade.—Use four pounds of pears, peeled and cored and then cut into slices. Place in a preserving kettle with one pint of cold water. Cook very slowly until the pears are soft, adding the following spices tied in a bag: one tablespoonful of allspice, two tablespoonfuls of cinnamon, one tablespoonful of cloves, one teaspoonful of mace. Remove the spice bag when the pears are soft. Now add two and one-quarter pounds of sugar and the juice of two lemons. Cook slowly until thick. Store in sterilized

Method of Cooking

Proper cleansing and preparation of vegetables are as necessary as the cooking. Wilted vegetables may be restored by placing them in cold water. All stale or decayed vegetables should be discarded, as they contain bacteria and molds that may cause trouble.

Be particular. Thoroughly wash and rinse the vegetables to remove all sand and dirt. A small brush should be kept for this purpose, scrubbing them quickly removes all dirt, saving both your hands and your time.

Cooking

Place all vegetables in boiling water to cook, and keep the water boiling gently until the vegetables are tender. They should then be taken at once from the water, seasoned and placed in hot dishes.

Overcooking or too rapid boiling spoils the color, shape and appearance as well as the flavor. Do not cover green vegetables while cooking. Spinach, beet tops and squash should be steamed or cooked in a small amount of water.

Timetable for Cooking

Potatoes. From 20 to 30 minutes, according to size.
Turnips. From 30 to 50 minutes, according to size and age.
Beets. From 45 minutes to 2 hours, according to size and age.
Carrots. From 15 to 40 minutes, according to size and age.
Cabbage. From 15 to 50 minutes, according to method of cutting.
Spinach. For 15 minutes
Peas. For 20 minutes.
Beans. From 20 to 30 minutes, according to size.
Asparagus. From 20 to 30 minutes, according to size.

Boiling potatoes in the skins and peeling them afterward, then rolling them in melted butter and parsley, gives old potatoes the appearance of new ones. Boil the potatoes for ten minutes, then grease the skin and bake. After draining the water from boiled potatoes, cover them with a napkin or towel. This absorbs the water and makes the potato mealy.

glasses, sealing in the usual manner for jellies.

Canned Pears.—Peel and cut the pears in half. Place in an enamel preserving kettle. Cover with cold water and add the juice of one lemon to each six quarts of water. This will prevent discoloration. Place on the fire and cook until the pears are tender. Drain and pack into sterilized jars. Measure the liquid and add one cupful of sugar to each two and one-half cupfuls of liquid. Boil the syrup for five minutes and then pour it over the pears. Add a small stick of cinnamon and two cloves to each jar. Place the rubber and lid in position and then partially tighten. Process for thirty minutes after the water starts boiling in a hot water bath. Remove and fasten the lids as securely as possible. Test for leaks and then store in a cool, dry place.

Crushed Peach Pulp.—Peel and cut into very thin slices over-ripe peaches. To six quarts of prepared peaches add a syrup made of: three pounds of sugar, one pint of water. Place in a saucepan and boil for five minutes. Pour over the peaches. Stir with a spoon to mix thoroughly and then fill into sterilized jars, taking care to fill to overflowing. Press the peaches down well. Place the rubber and lid in position. Partially tighten them. Place in a hot-water bath and process for forty minutes after the water starts boiling. Remove and fasten the lids as securely as possible. Test for leaks and then store in a cool, dry place.

Grape Jelly.—Pick grapes from the stems and wash them. Measure them

and add two cupfuls of water to each quart. Mash well with a potato masher and place on the fire. Bring slowly to a boil and cook until the grapes are soft, mashing frequently. Strain through a jelly bag and measure the juice and allow an equal amount of sugar. Place the juice in a kettle and bring to a boil. Cook for ten minutes and add the sugar. Continue cooking after the boiling point is reached. Boil juice just eight minutes. Remove from the fire and pour into sterilized glasses, and when cool cover with paraffin. Stir well until the sugar is dissolved and then no longer. If you have a candy thermometer cook to 222 degrees. Remove from the fire and pour into the prepared glasses.

QUEER BABY PROBLEMS.

Puzzling Questions of Nationality Which Sometimes Crop Up.

Four years ago there was considerable excitement on board a passenger-ship from England as it approached the shores of Australia. It had become known that a baby was to be born on board, and betting was indulged in as to whether the event would be delayed long enough to take place in waters that would make the baby "Australian," or whether it would be born on the "high seas" and become a "native" of Stepney, as is the rule in such cases. It was born a few seconds after the line had been crossed, and was adjudged entitled to the five-pound bonus awarded for babies born in the Commonwealth.

In the same year, in England, a mother gave birth to a baby in February, and another in April. The question was discussed as to whether she was entitled to double maternity benefit, or whether the two births should be classed as twin births. She got the double benefit.

Here is another baby problem. Two days before Queen Victoria came to the throne a child was born in Hanover, then under the sovereignty of William IV. of England. The child's forebears had all lived in Hanover under the four Georges of England. It was brought to England when a few months old. If living now, would it be considered wholly British, or to be a German alien?

When brushing stair carpets have a basin of warm water handy and dip the brush into it occasionally. This prevents the dust from rising, and makes the colors look clear and bright.

WAR MEANS LESS POVERTY.

Reduction of Want Among Indigent Classes Result of Conflict.

Strange to say, one of the few benefits conferred by the war has been a large reduction in poverty among indigent classes. Many men who were of very little use to their families owing to irregular habits, enlisted, and as a result their families have been steadily receiving monthly payments far in excess of anything they could possibly have hoped for had the father remained at home.

The distribution of cheques from the Militia Department and the Patriotic Fund has almost entirely done away with the need of charitable maintenance. This is a good illustration of what happiness and good order can be brought about through the reasonable distribution of the world's wealth.

There are moral advantages, too, connected with the Patriotic Fund, that are worth knowing. The visitors and inspectors, in making their usual official rounds, are able to observe wrong social conditions, and by calling attention to them, bring about immediate improvement. For instance, they have been able to insist that there should be a certain standard of living as a result of the liberal payments, and also there have been many cases in which mothers have been warned that doubtful conduct on their part would lead to the stopping of payments.

All this has had an uplifting influence on the people concerned, and has indirectly, been of great advantage to the Dominion.

THE PATHS OF PAIN.

The paths of pain are lonely,
But the loneliest path of all
Is trodden by the children,
Pitiful, weak and small;
The fatherless and motherless
Who live unloved, and die,
Sobbing their little souls away,
Under a silent sky.

The paths of pain are holy,
But the holiest path of all
Is sacred to the children,
Innocent, frail, and small;
The friendless and forsaken,
The lambs without a fold,
Till He shall call them to Him
Over the sands of gold.

—Ernest H. A. Home.

Crowded strawberry plants mean a poor crop next June. Thin 'em out!

Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances



DR. BECK

A Free Prescription You Can Have Filled and Use at Home.

New York.—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a thorough test of the popular eye remedy, Bon Opto. Their reports were most interesting. Here they are:

Dr. Beck reports: "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I make it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and I am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they have dispensed with them through the adoption of the Bon Opto principle. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it reaches conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principle, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door for the cure of many eye troubles which have heretofore been impossible to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen

the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eye, inflamed lids, catarrhal conjunctivitis, smarting, painful, aching, itching eyes, eyes weakened from colds, smoke, sun, dust and wind, watery eyes, blurred vision, and in fact many other conditions too numerous to describe in this report. A new and startling case has just come under my observation, which yielded to Bon Opto. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the young girl, decided in order to save the sight of her right eye, the left eye must be removed. Before permitting her to be operated on, the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was saved. Just think what the saving of that eye means to this little girl. Another case is that of a lady ninety-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly Ear Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formulas which form the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. Its success in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight at least 50 per cent in one week's time in many instances. Dr. W. H. Devine, director of medical inspection in the Boston schools, in his report published February 20, 1917, states that only 34,015 out of 89,175 examined, need to wear glasses now, a marked decrease over the previous report. Bon Opto is hastening the eyeglassless age in bespectacled Boston."

Victims of eye strain and other eye weaknesses and those who wear glasses will be glad to know that according to Dr. Beck and Dr. Judkins, there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable prescription and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses but after using this prescription for 15 days everything cleared. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain

THE BUSINESS WOMAN

To-day, more than ever before, is woman's opportunity. Many new occupations are now opened to her, which, before the war, she was deemed unfitted to fill. And truth to tell she has risen to the opportunity, and now shares many business responsibilities in former times confined to men. But, as women are subject to more frequent fluctuations of health than men, many will be handicapped early, if they regard their health requirements too lightly.

The nervous strain, long hours and prolonged mental or physical fatigue thin the blood and weaken the nerves. Such conditions as women are now called upon to undergo can only be endured by a full-blooded constitution. This is as true for men as for women, only weaker women suffer sooner. The woman worker, in any line, requires her blood replenished frequently. She needs new, rich blood to keep her health under the trying conditions of business life, and to fortify her system against the effects of overwork. This applies also to the woman in the home, who, perhaps, has more worries and anxieties than usual. So let all girls and women take heed and renew their blood promptly at the first approach of pallor, lack of appetite, headache and backache. This can be best and most effectively accomplished by taking Dr. Williams' Pink Pills which make new, rich blood and thus help womankind so perfectly. No woman need fear failure of health if they take these pills occasionally to keep them well, or give them a fair trial if they find themselves rundown.

You can get Dr. Williams' Pink Pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Notwithstanding what the old textbooks say, it now appears that a volcano is hottest on its surface. This is the conclusion drawn by a scientist who has made extensive investigations in craters in Hawaii and has obtained samples of gases and lava before they reached the air. Laboratory studies of these samples make it appear probable that much of the heat required to keep an open lava basin in fluid condition is supplied by the chemical action of the gases. From these investigations the scientist concludes the temperature at the surface of a volcano undoubtedly is higher than that below the surface.



DR. JUDKINS

caused by overworked, tired eyes which induced severe headaches. I have worn glasses for several years, both for distance and close work and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

"It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Here is the prescription: Go to any active drug store and get a bottle of Bon Opto tablets. Drop one Bon Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation and redness will quickly disappear. If your eyes bother you even a little, it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

NOTE—Another prominent physician to whom the above article was submitted, said: "Yes, the Bon Opto prescription is truly a wonderful eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or mist glasses. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family. Bon Opto referred to above, is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblin and T. Eaton & Co., Toronto.