

About the House

Cold Pack Your Vegetables.

There is but one sure way to can vegetables and that is the cold-pack method. The vegetable, whether peas, asparagus, string beans, corn or greens, should be canned immediately after picking before it has a chance to wilt. Clean thoroughly. The next step is blanching. This means cooking for a limited time, one to fifteen minutes, in a boiling water or live steam. This is best done by tying the vegetable in a square cheesecloth of a size convenient to fit easily into your kettle. After blanching the exact time mentioned in the table remove the cheesecloth containing the vegetable from the boiling water or steam and dip immediately into cold water. The cans, tops and rubbers should be ready sterilized, that is, put in cold water, brought to a boil and boiled not less than five minutes. Pack your cans with the vegetable; it should not be allowed to remain in the cold water, merely dipped in and at once removed, and allowed to drip, fill with boiling water to overflowing, put on the rubbers and tops, turning the tops down until they just touch the rubbers but not tight. Then place immediately in your canner, cover the top, and process-cook the time given in the table. If you use a hot water bath the water must come up two inches above the top of the cans. It must be boiling when the cans are entered and kept boiling the entire time. Enter each can as fast as filled. If you leave them standing on the table until all are filled they become chilled and crack when put into the hot water.

A time-table for fruits and vegetables most usually put up follows, the time being expressed in minutes:

	Processing.	Hot Water Bath.	Seal.	Steam Pressure.
*Blanching.				
St'wberries	none	16	12	10
Raspberries	none	16	12	10
Huckleberries	none	16	12	10
Plums	none	16	12	10
Grapes	none	16	12	10
Currants	none	16	12	10
Cherries	none	16	12	10
Blackberries	none	16	12	10
Peaches	1/2	16	12	10
Quinces	1 1/2	20	2	8
Greens	15	120	90	60
Peas	5 to 10	180	120	90
Beans	5 to 10	120	90	60
Corn (sweet)	5	180	120	90
Corn (field)	10	180	120	60
Tomatoes	1 1/2	22	18	15
Poultry and game	none	180	180	120
Beef	none	180	180	120

*Where blanching is necessary the hot water method is used with all the above products except with "greens," in which case steam is required.

When the time is up remove, tighten the tops and turn upside down to see if they leak. If they do, remove top, put on new sterilized rubber and boil ten minutes longer.

If you cannot buy a commercial canner you can use your boiler, a lard can, large kettle or pail. Put a small board with holes bored in it in the bottom to rest the cans on, otherwise they are likely to break. Do not use paper or straw packed down. The department of agriculture finds this method unsatisfactory. A slat bottom like a basket cover will do. Good commercial canners may be bought for \$4.50 or \$5.00. If you have a great deal of canning to do it would pay you to buy one.

In canning peas handle carefully so as not to break the skin. If the skin is broken the liquid becomes "cloudy." This does not spoil the vegetables, but gives them a bad appearance. In canning corn it is better to cut just enough off the cob for one can at a time. Corn that is packed slowly becomes soaked or "water-logged." When the directions say to blanch in steam, lay your cheesecloth in a steamer over boiling water instead of dipping directly into the kettle.

Entertaining in the Farm Home.
Many a farmer plans to build, or

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re-build his house "when the children grow up," but the years slip by until perhaps the boys have left the farm and the girls are saying "there is no way of having company at our house." Country boys and girls have to depend largely for recreation on the good times they have in each others' homes, and a good house to which company may be asked is the farmer's best investment if he wants to keep his children at home and make the place attractive to their friends.

It is easy to become so accustomed to our surroundings that we do not realize their deficiencies. The home that seems sufficient to the elders is not always suitable for the young folk's ideas of entertaining. The writer recently saw a rather pathetic letter from a girl who wanted to give a party in welcome of some home-returning soldier. She drew a plan of the lower floor of her home which showed a bedroom separating the formal parlor from the sitting-room and dining-room, where the family generally gathered, and she wanted advice as to how she could connect the parlor with the sitting-room and the dining-room. Of course, there was no way of doing this while the middle room remained a bed room.

Why should the middle room be used for a bed room? Why should not the bed rooms be confined to the upper stories or if it is necessary to have one downstairs, let it be entirely separated from the living rooms. These little formalities are safeguards to orderly living and should not be disregarded without reason.

In many cases our farm homes have grown and the rooms spread out in every direction. We all know old-fashioned farm dwellings where it is necessary to go through one room to get to a second room. These are very apt to be bed rooms, and there is no privacy possible for the occupants of either room. The situation is even more unpleasant when a bed room must serve as the entrance to a living room.

When we plan the new farm house let us have a place where the daughter may entertain a young man caller and where she may have a simple party. The parlor should adjoin the living room where the family gather, and, if the dining-room is at hand, so much the better; there will be more room and conveniences either for a sit-down supper or for informal passing around of refreshments.

A farmer who had taken up a homestead, planned and built the home for himself and family. He did not stint on quality or quantity of lumber, but when his home was finished he had a square structure of a story and a half, the lower part divided equally into four enormous rooms, without closets. The windows were many and large—they needed to be—to light up the big interior. When the children are older and the mother older also, and perhaps worn with the work of caring for that inconvenient home, imagine the steps that must be taken when company comes. Automatically, this poorly-planned house will make home entertainment either very hard to have or the flesh and blood of the mother and her girls will pay bitterly for the hard work. Needed: better planning.

From the Housekeeper to Another.

A spoonful or more of lemon juice or good cider vinegar added to apples that do not cook readily will hasten the process and improve the flavor.—M. A. P.

Keep a blackboard eraser near the kitchen range and use it to brush off dust or ashes when you have not time to polish the stove.—Mrs. L. M. T.

All verandah boxes should have castors on them. It saves calling a man when they are to be moved, and they cost but a small amount. Put them on everything that is too heavy to be lifted.—Mrs. J. J. O'C.

Simple Perfume Making.

At first thought it might seem an impossible feat to collect the perfume of flowers after it has escaped into the air, yet it seems simple enough by a method that the Scientific American describes.

Fresh, high-scented blossoms are placed in an uncovered bowl filled with water and set near the "collector," which consists of a common glass funnel with the small end closed. The funnel is filled with a mixture of crushed ice and salt and suspended in an upright position. Moisture from the air of the room forms on it and unites with the emanations from the flowers. As the moisture collects it runs off the tip of the funnel into a receptacle. If this liquid is mixed with an equal amount of pure alcohol, the perfume of the flowers is preserved indefinitely.

LEARNING TO BE BLIND

BEGINNING LIFE OVER AGAIN UNDER DIFFICULTIES.

A New and Intimate Account of How Hope and Happiness Are Restored to Our Blinded Soldiers at St. Dunstan's.

"The majority of our blinded soldiers were quite young men, still at the beginning of life's adventure, and it requires no imagination to realize their horror of helplessness, and their terror at the thought of an existence shut off from ordinary activities and enjoyments."

So says Sir Arthur Pearson in his wonderful new book, "Victory Over Blindness." But does it require "no imagination" to realize the awfulness of being suddenly deprived of the power to see? Can we imagine the feelings of a man regaining consciousness only to discover that he is sightless?

To such men, lying in hospital, sunk in the blackness of despair, came Sir Arthur, with his brave words of comfort and hope. He says, in his modest way:

"At least once a week it was my practice to visit the hospital, to see the men who had newly arrived. I felt that, because I, too, was blind, I might speak to these men of their future more convincingly than if I had not shared the same experience and faced the same problems."

Sir Arthur would relate the history of others who had passed through the same doubts and terrors, but who had fought through to happiness and prosperity.

But to tell them what others had done was not enough.

"The least personal experience counts for more. For that reason I always presented each new arrival with a watch—a watch specially made for the use of the blind, with dots to indicate the place of the ordinary numerals, and hands slightly raised, and so strong that their position can be safely felt with the fingers."

The joy this simple gift gave to the newly blinded man was wonderful. It was "a little discovery that, like a spark, set alight all kinds of hopes." From that moment these hopes took root, and the despondent sufferer "began to realize that his hands were going to be of amazing use to him."

Thus was the great work of St. Dunstan's begun in the hospital itself.

But before the men were discharged from hospital, they were made acquainted with the wonderful place in Regent's Park.

An All-Important Interview.

"Once a week a party of men were driven from hospital to see (it is a word we like to use) for themselves the life of the hostel." When, therefore, the time arrived for them to go there to "learn to be blind," they did not go as strangers to a strange place.

Each newcomer had an interview with Sir Arthur—an interview upon which, one might say, everything depended. A visitor to St. Dunstan's has written of this interview:

"The hopes already awakened have now to be proved, and the man on the point of setting out on his voyage through the endless night must be given, instead of his lingering depression, his inevitable fears, a firm sense of interest, of expectation, and even adventure."

After describing the room, the entrance of the blinded soldier, and how he and Sir Arthur sit talking, this visitor gives a description of how hope and courage slowly but surely find their way to the heart of the stricken man.

He "finds himself swept along by Sir Arthur's unflinching convictions." Very soon he is debating whether, in about a year's time, he will be the working owner of a cobbler's shop, a poultry farmer, a masseur, or a typist; whether he will take up rowing or join the debating club, etc.

"And you see the change in the man taking place, you hear a new tone in his voice; he has been carried over the dead point, and you realize that there will be no going back in his mind. . . . The man knows that all is understood." Indeed, we are told that very often, "the relatives have more need of a consolator than the blind men themselves."

Two chapters of extraordinary interest are given to "Learning to be Blind." They are full of helpful advice and hints, while courage can be read into every line.

Sir Arthur Pearson believes, and has proved, that "blindness is only a handicap, and one that it is quite possible to get the better of." But not only has he proved it to himself, he has enabled our blinded soldiers to realize it also.

What finer work has any man done than this?

Many people must wonder how a blinded man can possibly become, say, a skilled typist, a masseur, or a cobbler. Let us see how typing is taught at St. Dunstan's. After reading of—and quite understanding—the astonishment displayed by visitors at the sight of thirty or forty men seated at their machines, we learn that the ordinary typewriter is used.

"There are no raised letters on the keys, and the only peculiarity to be noticed is the embossed scale, which takes the place of the usual, engraved scale, and makes it possible for the operator to tell by touch instead of by sight the position of the carriage."

Courage, Kindness and Love.

Every man has a separate teacher. He is first taught to familiarize himself, by touch, with the general points.

His fingers are then guided to the keys, and their relative positions are pointed out, after which it is a question of memory and practice.

The test is to write, accurately and speedily, a full-page letter, containing capitals, figures, and all the 'special signs. This and a full page essay have to be typed in an hour.

Only one mistake and three corrections are allowed.

Could you pass out?

A visitor once told Sir Arthur that "never had the meaning of blindness been so brought home to him as on one occasion when, passing through the lounge, which was in darkness and, he supposed, deserted, he suddenly heard the click of a typewriter, and stumbled on a man working—of course, unconcerned—under conditions that to a sighted person seemed incredible."

But there is so much in this book that it is only possible, really, to tell you to read it. Until you have done so, you do not know what courage is, or what kindness and love are made of. So read it!

This is the gospel of St. Dunstan's: "There is much that we cannot see; there is only one thing we will not see, if we can help it, and that is the gloomy side of our lives."

As our common phrase goes, can you beat it? Is it not a gospel we might all take to heart?

"The blind leading the blind" has lost its old meaning; for Sir Arthur Pearson, himself blind, has led our sightless warriors to a new life full of new joys and undreamed of possibilities.

Accommodating.

Farmer—So you're an experienced milker, hey? Now, which side uv a cow do you sit on when you milk her? Applicant for Job—Oh, I ain't a bit partickler, if the cow ain't.

Cold meats should always be sliced as thin as possible.

THE STORY OF WILLIAM TELL

The greatly prized "White Book," containing the oldest version of the story of William Tell, may be found in the Cathaus (city hall) of the little village of Sarnen on the outskirts of Luzerne, Switzerland. After passing the Brunig Pass tourists are advised to consult this "White Book of Sarnen" to familiarize themselves with the legend before proceeding to scenes connected with it.

The story runs that one day a certain man, Gessler, went to Uri, where he erected beneath a lime tree a short pole, upon which he placed a hat, at the same time issuing an order that any man failing to kneel before the same would be severely punished. Tell, refusing to heed this peculiar whim of the lord, Gessler, was summoned to the latter's presence, and when an explanation was demanded Tell made no attempt at excuses, merely stating he would not obey so ridiculous an order. Greatly incensed, Gessler enforced a "strange punishment, which was to the effect that one

of Tell's little sons would be placed at a specified distance with an apple upon his head, the idea being that his father must shoot it to the ground with an arrow. Before preparing for so nerve-racking a feat Tell placed an extra arrow in his quiver, and praying to God to guide his hand he successfully shot the apple away without harming his boy.

His curiosity aroused as to the unnecessary arrow in the quiver, Gessler promised Tell he would receive no additional punishment if he would relate the truth concerning it. Relying on this promise, Tell informed Gessler that had the child been killed he had planned to use the other arrow on him. Then, enraged beyond measure, Gessler ordered his men to have Tell bound and taken to a tower where he would never more see sun or moon. While being lured down the lake, however, he made his escape at Tell's platte (a place later named after him) and sought vengeance upon Gessler in the Hohle Gasse at Kussnacht, where he shot him.

TIRED PEOPLE ARE DEBILITATED

Full Health and Strength Can Only be Regained by Enriching the Blood.

People who are tired all the time and never feel rested, even after a long night in bed, people who cannot regain weight and strength, who feel no joy in living, are in a condition described by doctors as general debility. A medical examination might show that every organ in the body is acting normally, but the pallor of the face will usually show that the blood is weak and watery. This is the root of the trouble.

Debility is a loss of vitality, not affecting any one part of the body but the system generally. The blood goes to every part of the body and the use of a blood tonic like Dr. Williams' Pink Pills quickly tones up the whole system. The first sign of returning health is a better appetite, an improved digestion, a quicker step and better color in the cheeks. The rich, red blood, reaching every organ and muscle, carries new health and vigor. The nerves are quieted, sleep becomes more refreshing and with persistent treatment and a good diet the patient is once more enabled to enjoy life. The case of Mr. W. Doxtater, R.R. No. 4, Tilsonburg, Ont., illustrates the great value of Dr. Williams' Pink Pills in cases of this kind. Mr. Doxtater says:—"I was troubled with pains throughout my whole body, was extremely nervous, did not sleep at night, and was further afflicted with rheumatism. In spite of different treatment this condition persisted, indeed I was growing worse, and had fallen away in weight to 130 pounds and was scarcely able to do any work. Then I began taking Dr. Williams' Pink Pills, and after a few weeks there was a noticeable improvement in my condition. I continued taking the pills, constantly gaining until I felt as well as ever I did. While taking the pills my weight increased to 170 pounds, and I can now do as good a day's work as anyone. My advice if you are not feeling well is to take Dr. Williams' Pink Pills and they will soon put you right."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note the speedy improvement they make in the appetite, health and spirits. You can get these 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.

WORLD'S SMALLEST REPUBLIC

An Area of Less Than a Square Mile and a Population of 130.

The smallest republic in the world, so far as area is concerned, is St. Goust, situated in an almost inaccessible part of the Basses-Pyrenees. St. Goust is hardly a square mile in area, with a population of virtually 130 persons, who rule themselves. The president is elected by a council of twelve, chosen for five years by the people, and he is likewise judge, assessor and tax collector.

This little republic has been ruled, it is said, for more than 2000 years through a council of elders. The smallest self-governed state in the world in regard to population is Tavolara, an island but little known, off the north coast of Sardinia. It is about five miles long, with an average width of half a mile, yet it is a free and independent republic of about seventy inhabitants, who are their own rulers.

Seven million bags of wheat, 761,000 bales of wool, 310,000 boxes of butter and 511,000 carcasses of mutton were shipped to Great Britain from Australia in the first four months of the present year.

What it Profits a Man To Fertilize His Crop

At Rothamsted, England, fertilizers increased the yield of wheat (61 year average) 18.4 bus. per acre, and at Ohio (20 year average) 13.5 bus. per acre.

The unfertilized wheat of A. L. Hodgins, Ettrick, Ont. (1913) yielded 12.5 bus. per acre as against the fertilized yield 54.7 bus. per acre. Fertilized wheat yielded more than four times the unfertilized.

Not total acreage but yield per acre is what counts.

Fertilizers on winter wheat provide readily available plantfood which strengthens the wheat to withstand winter weather, starts it strong in the spring, and makes it go "over the top" with a substantially increased yield per acre over unfertilized wheat.

Wheat Fertilization is Good Crop Insurance. Booklet on Wheat Production mailed on request.

The Soil and Crop Improvement Bureau of the Canadian Fertilizer Association 1111 Temple Building Toronto