

At Home  
Come in & Chat Awhile

—Ruth Raeburn.

Sweet Pickles

Pickles in themselves contain very little nutriment, but they stimulate the flow of saliva and gastric juices, and if taken in moderation, are an aid to digestion.

Sweet pickles may be made from many fruits—fresh, canned or dried, as well as from a few vegetables. Green, or slightly under-ripe fruits and vegetables make firmer, crisper pickles than those which have fully matured. A spicy syrup is used as the foundation for any variety.

The following recipes were given to us by Lily Haxworth Wallace:

Sweet Pickle Formula

1 quart vinegar, 7 cups sugar, 7 pounds any desired fruit or vegetable, 1 cup mixed pickling spices. Crush whole spices with a hammer and place all spices together into a cheese cloth bag. Cook the vinegar, sugar and spices together until the sugar is dissolved. Add the fruit and simmer until the fruit is clear and tender. Turn into jars and cover with the boiling syrup.

Sweet Pickled Peaches

Soak the peaches, rub off the skins with a rough cloth and cook in the pickle syrup until tender, but not broken.

Sweet Pickled Pears

Peel and cut the pears into halves unless the fruit is very small. Proceed as for pickled peaches.

Sweet Pickled Apples

Core and peel, then cut the apples into quarters. Proceed as for pickled peaches. Add a little lemon rind to the pickle syrup.

Such hard ingredients as citron, cantaloupe, or watermelon rind should be allowed to stand over-night in brine or alum water (Brine—one half cup of salt to one quart of water. Alum water—two teaspoons of powdered alum to one quart of water), and cooked until tender in fresh water, then thoroughly drained before being added to the syrup.

To pickle canned fruits such as pineapple, peaches, or cherries, measure the syrup from the can. Add to it half as much vinegar with additional sugar if required. The spices may be in the same proportion as given in Sweet Pickle Formula.

To pickle dried fruits—figs, prunes, apricots or peaches, soak them over-night in water to cover and in the morning simmer until tender in the same water. Drain, then cook for twenty minutes in the syrup given in the Sweet Pickle Formula.

Mixed Sweet Pickles

2 quarts green tomatoes, 3 green peppers, 3 red peppers, 1 quart tiny onions, 1 quart pickling cucumbers, 2 cups sugar, 3 pints vinegar, 1 teaspoon cloves, 2 inches stick cinnamon, 2 bay leaves. Slice the tomatoes very thin, remove the seeds and white fibre from the peppers and cut them into strips, and peel the onions. Place these ingredients, with the cucumbers which have been washed, in a large jug and cover with brine. Let stand over-night. In the morning, drain thoroughly, then pour two quarts of cold water over the vegetables to remove any excess salt. Add the sugar, vinegar and spices tied in cheesecloth and simmer for ten minutes. Drain and place the pickle in sterilized jars. Return the vinegar to the fire to cook down until thick; then pour it scalding hot over the pickle and seal.

THE APPLICATION OF LIME COMPOUNDS

(Experimental Farms Note)

The more commonly used forms of lime for application to the soil are ground limestone, marl, quick lime and slaked lime. These materials may be applied in either spring or fall; probably the best time is in the fall making the distribution to the ploughed land and incorporating with the surface soil by harrowing. They should not be ploughed under since the tendency is for all lime compounds to be washed down through the soil by the rain.

The methods of application of lime bearing materials should be such as to ensure as even a distribution as possible. The best method is by the use of a lime spreader. A very satisfactory type of machine is one designed to fit on the end of a wagon box, the mechanism being driven from a drive sprocket attached to the hub of the wagon wheel. Fairly satisfactory distribution may also be made with a shovel from a wagon box.

Ground limestone and marl are the materials most widely used in supplying lime to the soil and may be readily applied by the above methods. The usual rate of application is about 2 tons per acre but as low as 1/2 to 1 ton per acre will very often prove of great benefit even on fairly acid soils. Marl should be well air-dried and broken down before being applied.

Quick lime should be either slaked or ground to facilitate uniform distribution. One method is to place the lime in small heaps of about a bushel each at regular distances on the field. Add a little water (about one-third the weight of the lime) and cover the heap with an inch or two of moist soil and allow to remain for two or three weeks. Mix the slaked lime with a little soil and spread with a shovel choosing preferably a damp day for the work. An average rate of application of quick lime is about one ton per acre.

Slaked lime is somewhat unpleasant to handle and may be most conveniently applied by the use of a lime spreader. If applied from a wagon box, the caustic action of the lime on the hands and clothes may be reduced by mixing it with a little fine soil.

WHY PORK MUST BE COOKED THOROUGHLY

Trichinosis is a disease which is produced in man following the eating of pork infected by a small worm trichinella spiralis. This parasite is found in hogs and rats. In fact, rats constitute natural reservoirs of the infection, and the disease is passed from rat to hog and from hog to rat in continuous cycles.

The eggs of this worm which are present in the infected pork may lodge in the intestines of the person eating the meat; they later develop into full-grown worms, the embryos of which find their way into the lymphatic system, finally lodging in the muscles. In severe cases as many as 50,000,000 embryos have been found.

The symptoms of trichinosis begin with fever, diarrhoea and other intestinal symptoms, followed by pains in the muscles and joints. The onset of these pains is coincidental with the lodging of the embryos in the muscles. The ankles and eyelids become swollen. The fever may be continuous, and it may persist for several weeks. About five in every hundred cases die. Heat readily destroys the parasite. Fresh pork, then, should be eaten only when the whole meat is white and bears no trace of red in any portion of it. The red juices are not for roasts; pork, no matter how desirous they may be with roast beef and Yorkshire pudding. Sausages and all other pork products must be thoroughly cooked also.



Above are shown Rt. Hon. W. L. Mackenzie King, prime minister of Canada, and F. B. Kellogg, secretary of state for the United States, photographed on ship-board, just before reaching Paris, where they, with representatives of fourteen other nations, signed the Kellogg anti-war pact.

WILD FOWL VANISHING

The mystery of the rapid decrease of storks in Holland, where they are rigorously protected and the melancholy spectacle of their now empty homes on the chimney tops, which have been occupied for centuries, was explained at a meeting of the International Committee for Bird Protection at Geneva.

After patient investigation, ornithologists discovered that thousands of storks are being killed in the Transvaal, South Africa, through eating poisoned grasshoppers. The storks being regarded as a great sanitary asset in Holland, the South African Government is to be asked to take measures to prevent their destruction.

As whales have been recognized by the League of Nations economic committee as economic assets of immense importance, the international committee has now decided to ask the League to take up the protection of birds.

According to an American delegate, 10,000,000 wild ducks at an average cost—to the sportsman—of 4 pounds per duck, were slaughtered in the United States last year. An alarming decline is also reported from Great Britain, Scandinavia, and other northern countries where ducks congregate in the summer. Dr. Pearson pointed out that in Mexico City dead migratory ducks have been piled 12 feet high and sold for two pence each, while golden plovers, which are rapidly becoming extinct, are served on many ocean liners.

Dr. Pearson mentioned one sportsman who had accounted for 50,000 ducks during his lifetime, and Dr. Lonnberg, a Swedish National Museum authority, said that netters in Holland take 30,000 golden plovers yearly.

Dutch official reports showed that 137 decoys each catch an average of 5000 migratory ducks per season, while one decoy alone on the island of Sylt, accounted for more than 45,000. Dr. Lonnberg further declared that computations based on the number of rings returned to markers by hunters who shot ringed birds show that at least 35 percent are slaughtered.

The conference urged the league to convene an international conference to make a treaty rigorously protecting all birds while on their way to and in their breeding haunts and forbidding their shooting after March 1st in Europe and North America and Sept. 1 in countries of the southern hemisphere.

LAUGH AND LIVE LONG

Thackeray truly remarked that the world is for each of us much as we show ourselves to the world. If we face it with a cheery acceptance we find the world fairly full of cheerful people glad to see us. If we snarl at it and abuse it, we may be sure of a-buse in return. The discontented worries of a morose person may very likely shorten his days, and the general justice of nature's arrangement provides that his early departure should entail no long regrets. On the other hand, a man who can laugh keeps his health, and his friends are glad to keep him. To the perfectly happy laughter comes often. Too commonly, though, as childhood is left behind, the habit falls and a half-smile is the best that visits the thought-lined mouth of the modern man or woman. People become, more burdened with the accumulation of knowledge and with the weighing responsibilities of life, but they should still spare time to laugh. Let them never forget, "that a smile sits ever serene upon the face of wisdom."

A Real Grievance

First Farmer: "How is it you no longer put up at the 'Blue Lion' when you drive to market?"  
Second Farmer: "Because they are real frauds! Last winter, when I lodged there for a night, they made a great fuss of me, and gave me a big bottle to take to bed. And when I opened it, what d'ye think it was? Nothing but hot water!"

It will pay you to advertise in The Chronicle.

**A MAN'S PRAYER**  
Teach me that sixty minutes make an hour, sixteen ounces a pound, and one hundred cents a dollar.  
Help me to live so that I can lie down at night with a clear conscience and undaunted by the faces of those I have brought pain. Grant that I may earn my meal ticket on the square, and in earning it, that I may do unto others as I would have them do unto me.

Deafen me to the jingle of tainted money. Blind me to the faults of others and reveal to me my own. Guide me so that each night when I look across the table at my wife, who has been a blessing to me, I will have nothing to conceal.

Keep me young enough to laugh with little children and sympathetic and considerate of old age. And when the day of darkening shadows come, make the ceremony short, and let me deserve the simple epitaph, "Here lies a man."—Current Topic.

BRING THE PIANO

The Wife (to husband loaded with luggage at railway station)—I wish we'd brought the piano, dear.  
"Don't try to be funny."  
"But I left the tickets on it."—The Traveller.

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GOOD ADVICE FROM MOTHER OF SEVEN

Recommends Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I began taking Vegetable Compound for nerves and other troubles and I must say I felt different after the first dose. I have been told this last six months that I look twenty-five, although I am now forty-seven and have had seven children. I have taken the Vegetable Compound regularly for some time and sleep well, rise early and feel young."—MRS. MCKEE, 18 Laurier Ave., Toronto, Ontario.



**WHAT IS A WORLD, MY BOY?**  
A little rain, a little sun,  
A little shore where ripples run,  
A little green upon the hill,  
A little glade, a little rill,  
A little day with skies above,  
A little night where shadows move  
A little work for men to do,  
A little play for such as you,  
A passing night, a coming morn,  
A passing love, a passing scorn;  
Of blackest cloud a little bit,  
With silver on the rim of it,  
A little trouble, lots of joy—  
And there you have a world, my boy.  
—Douglas R. Durkin

The head of the Liquor Board in Ontario, says there are enough breweries in that province which, naturally, will also be the viewpoint of the existing breweries.—Lethbridge Herald.



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This Number  
**Phone 23**  
JOT it down on a card and place it in one of the side pockets. It is the number that will bring to your immediate assistance a roadside service, day or night, in the event you should ever need it. Charges always moderate. No tipping. Remember the number. Phone 23.

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We feature Wall Paper

Every roll of Wall in stock we offer at  
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Borders and Ceilings at close prices.  
**Don't Miss This Sale**

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We give special attention to Ladies' and Gentlemen's Fine Hair Cutting and all our work is done on a strictly satisfied customer basis.

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