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Little Points in Canning.



of sugar. The Canada Food Board to prevent burning. Cook without go. I must think less of my own a strange country. It was Peter's has issued regulations governing the sugar until the quantity is reduced of others. So I shall live in others, the empty room. use of sugar by public eating-places, and the fruit is all broken. The time Perhaps I may even be able to live a "How you do love him," he said candy manufacturers, ice-cream manu- will vary with the quality of the fruit. little through you two." facturers, bakers, confectioners, etc., Heat the sugar in the oven and add "Peter!" she cried. and these have resulted in an aggre- to the fruit, stirring until it is all dis- "For Covington must come back to have listened!" gate saving of a very large quantity, solved. Then boil without stirring you as fast as ever he can." This saving has been increased by from three to five minutes. Remove voluntary economies in private homes. from the fire and put into sterile jars, he loves his wife." The Anti-Hoarding Order providing glasses or stone crocks. Seal when has been able to arrange for a number Jam, the sugar must not be boiled of ships to carry raw sugar to Canada. from the beginning with the fruit, as The cumulative effect of all these in some jams; otherwise the currants told you!" measures is that a sufficient supply will become hard and unpalatable. for the canning and preserving season seems now to be assured.

In order that the maximum use may Keep the water at a jumping boil "Peter," she said slowly, "if ever his lips clenched, Peter Noves walked asked to use no larger proportion of canner. sugar than is needed for preserving Keep the cover on the canner dur- lies. You'd only crush me lower." and jam-making. The recipes in this ing every moment of the processing "You're wonderful, Peter!" she exhaving in mind the use of those pro- cooking the contents of the can. recipes given below.

ries, 6 lbs. sugar. Mix the strawber- ing water, covered tightly. ries and sugar in a kettle and let To prevent bleaching or darkening to you. ing set the kettle over the fire on an jars in paper. Boil gently without stirring until it is The flavor is often injured by let- I'd rather he'd hate me. I'd rather sufficiently thick and then put it away ting peeled fruit stand too long be- he'd forget me altogether." in sterile jars.

Currant Jelly .- 4 lbs. currant juice, 3 lbs. sugar. Boil the currant juice without the sugar about 10 minutes, mind that most vegetables, as well as he doesn't himself as I know him. He or until the quantity is reduced. Heat the sugar in the oven, and add when very hot to the liquid, so that the temperature will not be greatly reduced. When all is dissolved, bring to a boil again, and continue from three remove and put away in unsealed jars.

When goal real with malted pare for

apples; 4 lbs. plums, 6 lbs. sugar. Cut jars to replace the rubber rings, and honest, easy-going, care-free Monte, You see you both of us made and the crab apples into quarters and cook if the jars are kept in a damp place who is willing to do a woman a favor extraordinary mistake. We—we asin just sufficient water to extract the where the rubbers may decompose. luice. Strain through a double cheese cloth, and add the sugar to the 1. Fresh fruit and vegetables. erab apple juice. Put over the fire 2. Perfect fruit and vegetables. and bring to a boil. Stir until the 3. Good jar bands. sugar is melted. Then add the plums, | 4. Airtight lids. and boil until the plums are thor- 5. All water must be boiling viooughly cooked.

Note .- Other apples can be used if 6. Time must be accurate in the crab apples be not obtainable, but on cooking in the jars. no account must the skins and cores Dry all foods which cannot be can- feared that." be taken away, as the pectin is con- ned at 150 degrees F. is considered quite satisfactory. Be- food over again. cause of its acid nature, the Lombard Dry food is leathery, not crisp. plum will not make a good jam with Soak all dried foods at least six "It's the real man," declared Peter. the proportion of sugar prescribed hours before using, and cook in the "Yes," she nodded, with a catch in

gar. Put the plums and sugar to- eral salts. as little as possible.

saucepan and mash to allow the juice the opportunity to store away food.

Packing houses in Canada, acting on of the packing plants of Canada every the request of the Canada Food Board, week to supply all the families in the are endeavouring to popularize cer- Dominion with meat for one day. tain by-products, particularly parts of At the present time all these prothe hog not generally used for general ducts of Canadian packing houses are consumption in Canada. These include either disposed of in the United States pigs' feet, pigs' brains, calves' brains, or thrown into the waste tanks. hogs' livers, neck-bones and neck ribs. These parts of the animal, while good for-human food, have been hitherto not popular in this country among con- To provide help in having and stand how, even with me, the joy and sumers, although they are perfectly harvest, the Trades and Labor Branch healthful and nutritious and the de- of the Ontario Government will pay mand far exceeds the supply in the the going railway fare of persons who "He'd come back to me, you're go-

monstration purposes at the Armour pay his return fare. The maximum kind and gentle and smiling. If he Canadian plant at Hamilton, the distance for which this free transpor- came back now,-if it were possible guests were served with the following tation is given is 300 miles. ox-joints, creamed sweetbreads, jellied railways for reduced fares for farm wild, unrestrained passion such as pigs' snouts, jellied pigs' feet, pickled laborers.

tained largely in the cores, and direct- Test with a soda cracker closed in ington?" exclaimed Peter. ly under the skin. Any sweet plum the jar of dried food. It should stay can be used for jam. The Damson crisp. If it becomes limp, dry the wered quickly. "It's just the out-

gether in a preserving kettle over the Keep dry foods in jars that would Monte who married me to fire, with just sufficient water to not do for canning or in empty can Covington. He trusted me not to start the cooking. Boil gently until with removable tops, which have been disturb the real man, just as I trusted the fruit is thoroughly cooked. Stir boiled in washing soda and water to

remove any strong odor. Black Currant Jam .- For 1 lb. of Every ounce of food which a woman "Then," he said, "perhaps, after all fruit, not over ripe, allow % lb. of su- conserves releases a corresponding he didn't get to the real you." gar. Put the currants in a granite amount for the woman who has not

lambs' tongues, pickled pigs' tongues, pickled ox-tongue, brain croquettes By-Products of Packing Plants Which and sweet-bread rissoles. It is estimated that sufficient pigs' Are Splendid Food.

Fares Paid for Farm Help.

menu: Pigs' tails in aspic jelly, devilled It is understood also that the Quebackbone, fried pigs' brains, braised bec Government has arranged with the



solemnly.

"Peter," she cried, "you shouldn't

She shrank back toward the door.

"And I-I thought just kisses on

"You must forget all I said," she

"You were wonderful," he told her.

"I'm going off to hide," she said

CHAPTER XXV.

So Long

When Peter stepped into his siter's

"Beatrice," he said, "we must start

She sprang from her chair. Pale

"They came back this morning."

"It's wonderful. But, Peter-"

"You look so strange-so pale!"

"It's been-well, rather an exciting

She put her arms about his neck

"You should have brought the mir-

"And instead of that I'm leaving

"Sit down, little sister," he begged.

"Leaving Marjory-after this?"

it's going to be hard for you to

"Free? Of course she's free!" ex-

"Only she's not," Peter informed

"To Covington. She's Covington's

claimed Beatrice.

"Then I was right! Marjory-Mar-

"What's the trouble?"

ory worked the miracle!"

He smiled a little.

"Your eyes!"

back for New York as soon as pos-

I considered. I was hurt and wor- -everything I've no right to ask. I'd now is a most difficult one and will If I had thought more of you, all morning through to the next. I'd continue so. Sugar is scarce and unwould have been well. This time I begrudge him every minute he was less imports can be increased, a further are two stones we may not think I—I have thought a little more just comfortable. I'd want him alof you. It was to get at you and not ways eager, always worried, because necessary. The ration in sugar in myself that I wanted to see again. So I'd be always looking for him to do Italy during May was only three reached out for you. So now-why, ready for great sacrifices-not for butter ration was two ounces per pereverything is quite clear." She raised her head.

"Clear, Peter?" "Quite clear. I'm to go back to my for another. For I should know that, work, and to use my eyes less and after a little waiting, I should meet my head and heart more. I'm to deal him again, a finer and nobler man. less with statutes and more with peo- And all those things I asked of him I ple. Instead of quoting precedents, should want to do for him. I'd like There's work enough to be done God to lay down my life for him." Canadian housewives should make to escape. Add no water. Bring to knows, of a sort that is born of just She stopped as abruptly as she had all the jam they can this year, but a boil, stirring occasionally to ensure such a year as this I've lived through. begun, staring about like some one they should do so with the minimum that all the fruit is being cooked, and I must let go of myself and let myself suddenly awakened to find herself in

"You don't understand how much the eyes stood for love," he added. moaned. "I was mad-for a mo-

limitations on holdings of sugar also cold, by pouring melted paraffin over "And, he, poor devil, doesn't under- ment!" has been effective. The Food Board the top. In making Black Current stand how much his wife loves him." "You-you"-she trembled aghast She was still backing toward the -"you wouldn't dare repeat what I've door.

"You don't want to stagger on in piteously the dark any longer. You'll let me "Not that," he called after her. She rose to her feet, her face white. The door closed in front of him. With

be made of our fruit crop this year in and do not allow the fire to die down you told him that, I'd never forgive back to the Hotel des Roses. all parts of Canada, housewives are for an instant while cans are in the you. If ever you told him, I'd deny You'd only force me into more

room he had forgotten that his eyes article have been prepared by experts, time. Steam plays a large part in claimed. "You've-you've been seeing visions. But when you speak of were open portions of sugar which will give the Greens or green vegetables are telling him what I've told you, you , best results. No more sugar is re- most satisfactorily blanched in steam don't understand how terrible that quired than the amounts stated in the instead of hot water. Use a steam would be. Peter-you'll promise sible. Strawberry Jam.—8 lbs. strawber- der and set them over a vessel of boil-

",'et, if he knew, he'd come racing

them stand over night In the morn; of products packed in glass jars, wrap "He'd do that because he's a gentleman and four-square He'd come to asbestos mat, and bring the contents Examine jars and cans occasionally me and pretend. He'd feel himself slowly to a boil. Do not stir the fruit during the summer to detect any sign at fault, and pity me. Do you know any more than is absolutely necessary. of fermentation, leaking, or swelling. how it hurts a woman to be pitied?

"But what of the talks I had with fore cooking. Prepare at one time him in the dark?" he questioned. only as many cans as can be processed "When he talked to me of you then, experience." it was not in pity."

and kissed him. In seasoning it should be kept in "Because,"-she choked,-"because acle-worker with you," she smiled. meats, are injured in flavor by an -he doesn't like changes-dear excessive use of salt in the canning Monte. It disturbed him to go beprocess. A little salt is very palata- cause it would have been so much ble, but it is better to add no salt in easier to have stayed. So, for the moment, he may have been-a bit "A great deal has happened this morning-a great deal that I'm afraid

canning than to use too much. It can sentimental. be added to suit the taste when the "You don't think as little of him as

When cool, seal with melted paraffin. if the seal is defective, if after steri- me," she answered unsteadily. "It it's merely a question of fact. Apple and Plum Jam.—4 lbs. crab lizing the tops are removed from the was—just Monte who married me— for encoulation. It just is that's all even to the extent of marrying her. extraordinary mistake. We-we as-He is very honest and very gallant to be as another. He doesn't wish to be stirred up. He asked me this, her. "As a matter of fact, she's mar-Peter: 'Isn't it possible to care without caring too much?' And I said, That was why he married He had seen others who cared a great deal, and they frightened him.

They care so much that they made weeks ago in Paris, You understand? She's Covington's wife." His voice themselves uncomfortable, and he "Good Lord, you call that man Cov-"No-just Monte," Marjory ans-

side of him. The man you call Covington-the man inside-is another

water in which they were soaked, in her voice. "That's the real man. But Plum Jam .- 8 lbs. plums, 6 lbs. su- order to retain all the valuable min- -don't you understand?-it wasn't Peter leaned forward with a new

Quite simply she replied:-

"He did, Peter. He does not

She knew the pain she was causing him, but she answered:--"Yes. I couldn't admit that to any one else in the world but you-and livers are thrown into the waste tanks hurts you, Peter.'

"It hurts like the devil," he said. She placed her hand upon his. "Poor Peter," she said gently. "It hurts like the devil, but it's nothing for you to pity me for," he put in quickly. "I'd rather have the

hurt from you than nothing. "You feel like that?" she asked earnestly. "Then," she said, "you must under-

"Yes, I understand that. Only if he agree to work on a farm for at least ing to say again. And I tell you At a recent dinner given for de- 3 weeks. The worker has, however, to again, I won't have him come back,

want him to ache with love. I'd want She was talking fiercely, with a

"She told me so herself—less than Cream Wanted Food Control Corner hour ago."

"That's impossible. Why, she listened to me when-" "When what?" he cut in. (To be coninued).

FOOD SITUATION IN ITALY.

It Continues to be Acute, With the People on Very Small Rations. The people of Italy live largely on

bread and macaroni, but despite this "I'd want," she hurried on, out of fact, they have reduced their consump-"I understand now. When you went all control of herself-"I'd want tion of grain by 25 per cent. during away from me, it was myself alone everything I don't want him to give the past year. The grain situation 66 to 79 cents per pound. I saw again. I let go of myself and great things. I'd have him always ounces per person per week and the The stone of judgment at our me alone, but for himself. I'd be so son per week.

proud of him I think I-I could with In order to cope with the meat a smile see him sacrifice even his life shortage, three meatless days every

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week have been instituted and on Wednesdays, Thursdays and Fridays meat cannot legally be served in public eating places or bought for home consumption. The price has risen tremendously, and now beef sells from 72 to 89 cents per pound, and veal from

ther's way,

We, who ourselves, like sheep have gone astray."

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tions of the Food Board's regulations. All Inspectors working under authority of the Canada Food Board will be able to produce official certificates, which must be presented when their authority is questioned. The Food Board has not appointed any inspecters to visit private homes, and any persons claiming to have such authority should be reported at once to the

The Canada Food Board has been

informed that certain persons, repre-

senting themselves as Food Board In-

spectors, have been visiting homes in

certain parts of Ontario and Quebec,

and demanding from the householders

payment of fines for alleged infrac-

nearest police authorities. An investigation just completed by the Canada Food Board shows that in some cases fishermen in Eastern Canada have been shipping fish, which have been damaged in the catch or for other reasons are not in proper condition for shipping. Closer inspection at the shipping points would reduce waste at marketing centres and the Board is appealing to the fishermen to

avoid loss of this kind. The question was taken up in connection with destruction of quantities of fish in Montreal. Two shipments of fish from La Reine, P. Q., to Montreal were a partial loss and inspectors have reported to the Canada Food Board that the condition of the fish at the time of shipment is believed to have been the cause.

Since the inauguration of the Conservation Branch under the Director of Supplies and Transport, the army stationed or in training in Canada, has been organized for war time economy. In the ten military districts concerned, by the substitution of fish, two hundred thousand pounds of beef were saved in the month of May, and approximately the same amount in the month of June. Very encouraging results have been attained in the conservation of foodstuffs of all kinds, as well as other supplies.

The Conservation Branch has been in co-operation with the Canada Food Board since February, when a Conservation officer was appointed with experience in the Canadian Army Service Corps overseas, and assistant officers under him were nominated in each military district, these being always returned men with experience in similar work on active service

The main saving in foodstuffs has been in the control of the issue. The rations provided are calculated to insure the maximum necessary for a 160 pound man engaged in hard labor. A big field for conservation was found in the margin between the maximum contingency and the actual requirements from day to day. Bread used in Canadian camps and in all places where troops are fed in Canada by the Government, contains 20 per cent. substitute of wheat flour, while all the flour itself is of the standard required by order of the Canada Food

SHOOTING TO HIT.

Being a Little Homily For War-Time Workers.

A well-trained infantryman is an expert on rapid fire. He can fire his rifie the maximum number of times a minute and most of his shots will be "inners"; or he can group his shots on specified points of the target with the same all-but-unerring skill. When he faces an advancing enemy he wastes but few cartridges. Coolly, rapidly and with precision he sends each bullet into its living, moving "billet." He has confidence and self-assurance, because he knows what to do and how to do it. If the line he is in is but thinly held, he does not get an attack of "nerves," but applies himself with even greater intensity to his task of shooting to hit. If his rifle "jams" he takes up another, but he does not think of quitting, or of engaging his neighbor in pessimistic talk.

We, at home, must fellow his example. We cannot stand on the "firing step" to check the Huns' advance. The enemies we fight are less tangible and perhaps more insidious. Hunger is one of them; idle, depressing conversation is another. Second only in importance to keeping the army at full strength is that of producing and conserving food, Men are being called from farms as well as from every other producing industry. Our reserves are being moved into the front line. But, even if the line is getting thinner, do not get an attack of "nerves" and think of throwing up your hands or of running away. Try some rapid fire in the producing line. Show your skill in grouping your shots on the most dangerous targets. If your implements are "jammed" from want of help, join up with your neighbor who may be in a similar plight. Such team-work may keep two farms from being useless in the fight for freedom. Or if male labor is out of the question, enlist the women. Thousands of British women have been on farms during the past two years and if the need arises Canadian women will be no less dauntless. Shoot quickly, shoot to hit and keep on shooting .- A.D.

If you have a pine floor do not wear out your life scrubbing it. Cover it with a good linoleum. If varnished once or twice a year it will not wear out for five or ten years with good care. If rugs are kept where standing it will save the feet as well as the linoleum.





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anced rations. As the more and more careless into their management go into the winter abou ed and with little oppor profitable. When late are to be raised to mati fort must be made t rapidly or they will be stunted in growth. seldom lay until the ne

will be of little or no va

and they will cost the

than they will ever be t

usually pay better to s

rather than try to ma flock on half rations. or milk is an impa causing late-hatched of rapidly. A well-balar should be before the bil They must receive a rai s plenty of green food be provided to climinate too great exposure to h Both the hot and the c sweep over a poultry ra summer and early fall, erable injury to the ye so shade and protection sential.

The late-hatched chiidly culled in the fall. best to sell all the cod ers as soon as they re The earlier hatched larger and more vigor our experience, especia be mated with year-old first of January for eggs. We do not like hatched cockerels weather except for hor those are out of the wa mas holidays. The pullets need severe cu every bird that will show of laying by the There is no money in size pullets over winter physically unable to along into the next spi rancan pullet should condition at six month heavier breeds should months. There is no make them lay before t need that much time natural development. lay by that age, the

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