

# In The Realm Of Woman--Some Interesting Features

## THE PRESERVATION OF FOOD.

As Approved by the Women's Institutes of Ontario.

### RULES AND RECEIPTS FOR CANNING VEGETABLES.

#### Methods of Sterilization.

**One-day Method.**—By the one-day method of sterilizing we mean placing the jars in the canner and heating them continuously at the boiling point or above it, for several hours, usually if this heating is continued long enough the vegetables will keep.

**Intermittent or Three-day Method.**—The jar is taken out of the canner at the end of an hour's boiling. The clamp or rim is tightened and the jar is set aside to cool until the following day. Do not let the vegetables cool off in the canner as this results in over-cooking. On the second day, the clamp is loosened or the rim unscrewed, the jars are placed in warm water deep enough to reach within an inch of the tops, and they are left until they have been boiled an hour, at the end of which time they are again removed. On the third day the hour's boiling is repeated in the same way.

There is reason for believing that the three-day method is advisable when peas, beans, corn and greens are canned. Sometimes certain organisms on these vegetables go into a restive or spore form in which they are not easily killed by boiling. If, for example, there are spores in a jar of peas, they will probably not be killed by one hour or even by three hours of sterilizing. So after an hour's cooking, we set the jar aside until the next day, and as it gradually cools, conditions become just right for these spores to germinate. Most of them quickly change to an active stage during the second day, and it is possible to kill them by boiling. The second day, these vegetable forms are killed. It is barely possible, however, that some of the spores may not have reached the vegetable stage during the first cooling, and so have not been killed by the second boiling.

### Lesson in Scientific Complexion Renewing

Everyone has a beautiful skin underneath the one he wears, but it will be easier to understand the correct principle in acquiring a lovely complexion. Nature is constantly shedding the top skin in flakes particles. The dead skin is much smaller in size. In abnormal conditions, or in advancing age, these particles are not shed so readily as in the young. The longer they remain the more soiled or faded they become—that is the immediate cause of "bad complexion."

It has been discovered that ordinary mercurized wax, to be had at any drug store, will absorb these worn-out particles. The absorption, while hastening nature's work, goes on gradually enough to cause no inconvenience. In a week or two the transformation is complete. The fresh, healthy, youthful undertone is then wholly in evidence. You see, you are not dealing with your complexion should get an ounce of mercurized wax and try this treatment. Use the wax lightly like cold cream, washing it off mornings.

### The Crown of Womanhood

"Uncared for hair cannot be beautiful. There is no part of the human makeup so revealing as the hair. It cries out: Look at me, care for me, or I will disgrace you! Treat me with consideration and I will be a glory to you."



With the above words, Lillian Russell, an unquestioned authority on feminine attractiveness, places no uncertain value on nice hair as a beauty asset. Unkept, uncared for hair not only cannot be attractive but is actually a disgrace.

But why have ill-kept, untidy hair? By devoting a few moments regularly to brushing and intelligent application of NEWBRO'S HERPICIDE, the hair may be made to yield wonderful returns in increased personal charm.

Dandruff is the direct cause of more hair trouble than anything else. The hair becomes thin, harsh, uneven and falls out in quantities. It looks dead and lifeless; there is no lustre. The scalp itches.

HERPICIDE will remove the dandruff which is causing all the trouble, clean the scalp, give the hair life, snap and luxuriance. The hair stops coming out; the itching ceases almost at once and withal there is a most gratifying sense of cleanliness.

To the woman who wishes to make the most of nature's gifts by having fluffy, beautiful hair, NEWBRO'S HERPICIDE is a real necessity. It is exquisitely perfumed and is a delightful hair dressing.

In 50c and \$1.00 sizes. At drug stores and toilet goods counters everywhere. Guaranteed by The Herpicide Co.

Applications at the better Barber Shops and Hair-Dressing Parlors.

Sent 10 cents for sample bottles and booklet to The Herpicide Co., Dept. S, Detroit, Mich.

For this reason we take the added precaution of sterilizing the third day. A longer cooking period for a single day is less trouble and perhaps it requires less fuel than the three-day method, but the intermittent method is absolutely safe. It is for the housekeeper to decide which method she wishes to use and then to follow explicitly the directions for that method.

**Note.**—(1) The terms "blanching," "cold-dipping," "cold pack," used in the following recipes have already been explained in the section "Why Fruits and Vegetables Spoil" in this bulletin.

(2) The length of time allowed for sterilization in these recipes is required for cans not larger than two-quart size. Gallon cans require a longer period.

**Vegetable Greens.**—Spanish, Beet-Tops, Asparagus, Swiss Chard, Etc. Prepare as usual and the same day pickled. Sort and clean. Blanch in a steamer for 15 or 20 minutes. Remove, plunge quickly into cold water. Cut in pieces convenient for canning. Pack tightly in jars or cans. Add boiling water to fill crevices, and a teaspoonful of salt to each quart. If using jars, place rubber and tops in position, partially seal; (if using tin cans, tip and seal completely). Use the intermittent process of sterilization, or:

Sterilize 90 minutes in hot water bath outfit.

Sterilize 60 minutes in steam pressure outfit under five pounds of steam.

Remove from canner. Tighten covers. Invert to cool and test joints. Wrap jars in paper to prevent bleaching and store.

**Root and Tuber Vegetables.**—Carrots, Parsnips, Beets, Sweet Potatoes. Wash thoroughly. Scald in boiling water sufficiently to loosen skin. Plunge quickly into cold water. Scrape or pare to remove skin. Pack into jars whole or cut in sections or cubes. Add boiling water and one level teaspoonful of salt to each quart. Place rubbers and tops in position. Partially seal, but not tight. (Cap and tip tin cans.) Sterilize 90 minutes in hot water bath outfit.

Sterilize 75 minutes in water seal outfit.

Sterilize 60 minutes in steam pressure outfit under five pounds of steam.

Sterilize 35 minutes in pressure cooker under twenty pounds of steam.

Remove jars. Tighten covers. Invert to cool and test joints. Wrap jars in paper to prevent bleaching and store.

**Note.**—In canning beets, if vinegar is added to the water in the proportion of one part vinegar to four of water, the natural bright color will be preserved.

**String Beans and Peas.** Can same day vegetables are pickled. Blanch in boiling hot water

from 2 to 5 minutes. Remove and plunge quickly into cold water. Pack in jars. Add boiling water to fill crevices. Add 1 level teaspoonful salt to each quart. Place rubbers and tops in position. Partially seal, but not tight. (Cap and tip tin cans.) Use the intermittent sterilization process, or Sterilize 120 minutes in hot water bath outfit.

Sterilize 90 minutes in water seal outfit.

Sterilize 60 minutes in steam pressure outfit under five pounds of steam.

Sterilize 40 minutes in pressure cooker under 20 pounds of steam.

Remove jars. Tighten covers. Invert to cool and test joints. Wrap in paper to prevent bleaching and store.

**Tomatoes.** Scald in hot water enough to loosen skins. Plunge quickly in cold water. Peel and remove hard cores. Pack whole in jars. Fill jars with tomatoes only. Add 1 level teaspoonful salt to each quart. Place rubber and cap in position. Partially seal but not tight. (Cap and tip tin cans.) Sterilize 22 minutes in hot water bath outfit.

Sterilize 18 minutes in water seal outfit.

Sterilize 15 minutes in steam pressure outfit, under five pounds of steam.

Sterilize 10 minutes in pressure cooker under twenty pounds of steam.

Remove jars. Tighten covers. Invert to cool and test joints. Wrap jars in paper to prevent bleaching and store.

(To be continued)

## Told In Twilight

(Continued from page 7.)  
Mr. and Mrs. L. L. Henderson and family, who have been summering at Thousand Island Park, have returned to Montreal.  
Mrs. Rayson, University avenue, has returned from visiting Mrs. H. H. Barsey at Cressey.  
Mrs. W. B. Skinner and little daughter, Miss Nancy, are the guests of Mrs. Arthur Evans, King street.  
There will be another weekly tea at the Yacht Club on Wednesday afternoon.

Miss Mildred Jones has returned from "Fettercarin," Chaffey's Locks.  
Miss Grace Martin returned to Montreal this week to resume her training at the Royal Victoria Hospital.  
Mrs. R. W. Brigstocke and her children have returned from spending the summer at Prince Edward Island.  
Mrs. W. B. Carey, Brock street, who has been visiting Mrs. Patton in Prescott, has returned home.  
Mrs. Vere Hooper and Miss Dorothy Hooper of Ottawa are visiting friends in town.  
Miss M. C. McDowell has returned to Waterbury, Conn., after spending the summer with relatives at "Hedge Lawn," Princess street.

Mrs. J. F. Knapp and Misses Lucella and Stella Knapp, Johnson street, have left for an extended vacation in Pasadena, California.  
Mr. and Mrs. David H. Price, Aylmer, were guests of Mr. and Mrs. J. G. Elliott, Barrie street, this week en route to Toronto and Buffalo.  
Master David Price, Aylmer, spent a few days with Capt. C. J. Kane, Earl street, this week.  
Mr. and Mrs. J. J. Shortell, Flushing, L.L., are the guests of Mrs. James Murphy, and Mrs. Patrick Joyce, Joyceville.

Mr. and Mrs. E. J. Wilson, Gananoque, announce the engagement of their daughter, Edyth E., to W. H. Smith, son of Mr. and Mrs. H. A. Smith, Kingston. The marriage will take place quietly during September.

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

Miss Cassie Fox, B.A., who has been in attendance at the Ontario College of Art, Toronto, has been successful in obtaining specialist and supervisor's certificates in art.

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## Frequent Headaches

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition, every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

The Whig regrets that it is unable to publish to-day the usual instalment of Roxane. This interesting story will be resumed in a few days.

The Medical Woman's Club of Kansas City, is circulating petitions asking that women doctors be admitted to places on the medical staffs of the various military branches and that they be given equal pay and equal rank with the men doing similar work.

Mrs. Marion N. Horwitz, widow of a widely known Philadelphia attorney, has been nominated for mayor of Moorehaven, Fla.

After being married for 50 years, Mrs. Mary D. Erwin has just discovered that she has been illegally married all this time.

Miss Olga Doriner, Philadelphia's sensational swimmer, given 45 feet in an exhibition hel decreently in Baltimore.

Mrs. Beatrice Castleton, recently admitted to practice law in Atlanta, is the first woman to be allowed to practice law in Georgia.

Miss Martha Bell, a high school girl, is working as a freight clerk in the Glassboro (N.J.) office of the Pennsylvania railroad.

Three women recently swam across Storm lake, Iowa. This is the first time in history that a woman has accomplished this feat.

Miss Florence Wardwell of New York City, has begun a campaign to educate the servants of the wealthy

the western front that women have been pressed into service as mechanics at the French aviation stations. Mrs. Esther B. Darling of Nome, Alaska, who sold many racing dogs to the French government, has received the Cross of War won by Alaska dogs on service at the front in transporting 9 tons of shell to an isolated post under fire.

E. B. Fraleck, Belleville, Judge of the County of Hastings for many years, has received notice that he is authorized and required to hold any of the courts and to perform any other judicial duties of the county court in the County of Prince Edward as occasion may arise. This is owing to the illness of Judge Morrison.

Simply saying you are a Christian does not prove it.

A duke might be called a resemblance to a man.

HEROINE OF BRITISH RAID  
Doris Spencer Walton, aged fifteen, daughter of missionary, when being taken to the hospital, severely wounded, by two Canadian soldiers, said: "I must kiss you both because you have suffered."

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**MAGIC BAKING POWDER**  
CONTAINS NO ALUM

It is a pure phosphate baking powder and is guaranteed by us to be the best and purest baking powder possible to produce.

The perfect leavening qualities of "Magic" combined with its purity and wholesomeness make it the ideal baking powder.

The ingredients are plainly printed on the label and our half century reputation should be sufficient guarantee of the high quality of these ingredients.

**E.W. GILLETT COMPANY LIMITED**  
WINNIPEG TORONTO, ONT. MONTREAL

## THE ACTIVITIES OF WOMEN

Interesting jottings concerning the doings of the feminine sex the world over.

Old maids are very scarce in England.

Constantinople has a store for women only located in Kiln.

It is claimed that women make the best sculptors.

Great Britain has over 21,000 women in the army service.

Over 1,000,000 women are now employed in agriculture in France.

Queen Helena of Italy has a hobby of collecting curious footwear.

The Prussian mines employ over 30,000 women in various capacities.

Women are being employed as longshoremen in New York city.

A large sawmill located in Kiln, Miss., is run entirely by women.

Over 1,600 women are employed in municipal positions in Philadelphia.

Women workers making uniforms for the Mexican soldiers receive \$3 per day.

High school girls of Loyalton, Cal., have donned overalls and gone to work in the harvest fields.

Women are employed as ammunition workers in the United States naval torpedo plant at Newport, R. I.

Miss Dorothy Jones of Monclair, N. J., has sailed for France, where she will drive a war ambulance.

For the first time in the world's history Jewish women have voted for representation in a Jewish congress.

Girls with flat feet are being rejected as stenographers by the United States naval department.

The first woman recruiting officer in the United States is the honor laid by Miss Neva McKinnis of Tifton, Ga.

Miss Fay Moore of Kansas, Mont., whose father is a wealthy ranch owner, has applied for a job as a farm laborer.

According to statistics a third of the telephone operators become brides before they have worked five months.

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**Kellogg's TOASTED CORN FLAKES**

This Trade-mark Protects Consumers

This is the red, white and green package which you have been buying for over eleven years.

The increasing sales, year by year, prove that their good qualities have been kept up to the standard since the beginning, and are appreciated by Canadians.

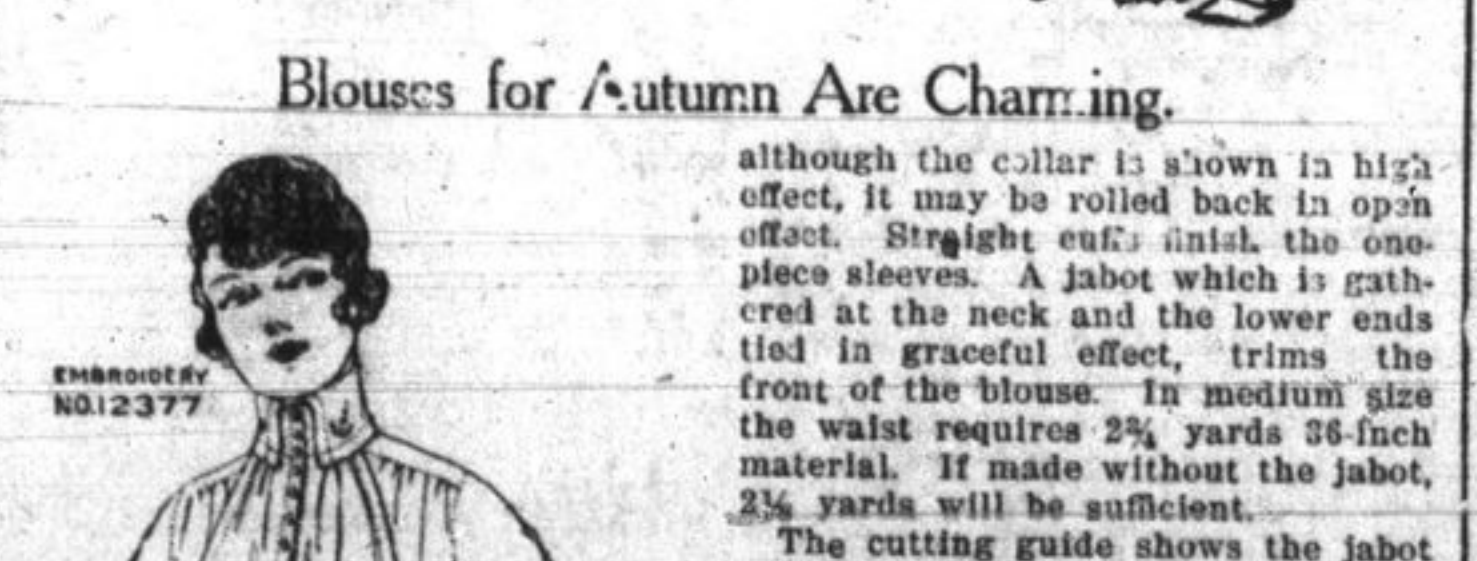
To be sure you get Kellogg's Toasted Corn Flakes, insist on this package. It is the original. Refuse all substitutes.

MADE IN CANADA.

The Battle Creek Toasted Corn Flake Co., Limited.  
Head Office and Factory: London, Ont.

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper  
By Pictorial Review



Blouses for Autumn Are Charming.

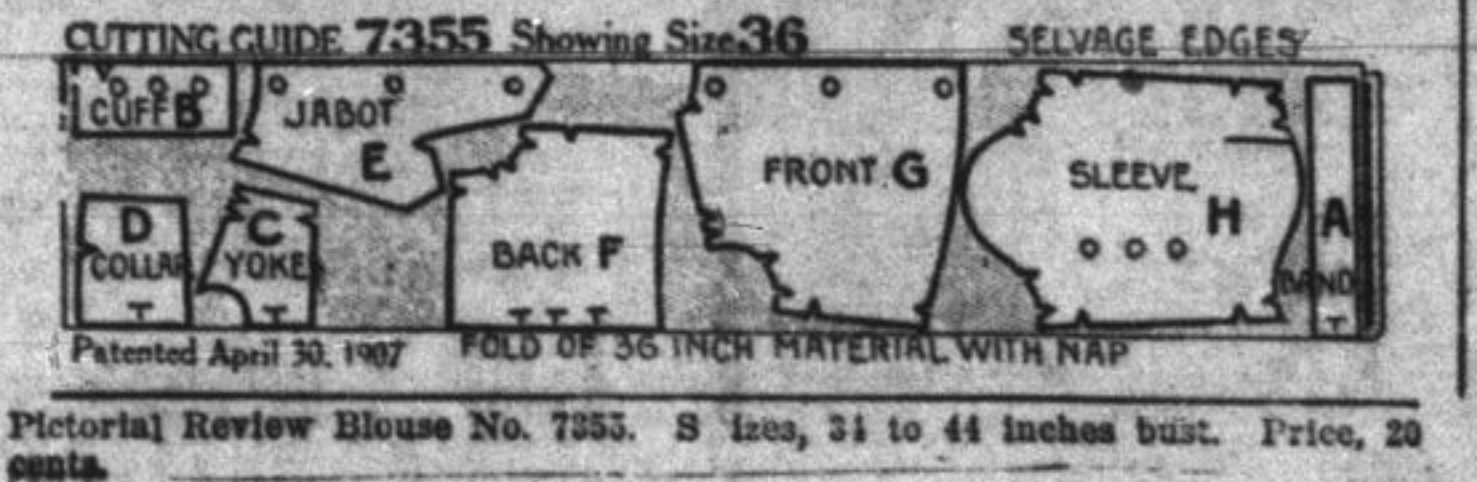
although the collar is shown in open effect, it may be rolled back in open effect. Straight cuffs, fitted, the one-piece sleeves. A jabot which is gathered at the neck and the lower ends tied in graceful effect, trims the front of the blouse. In medium sizes the waist requires 2 1/2 yards 36-inch material. If made without the jabot, 2 1/4 yards will be sufficient.

The cutting guide shows the jabot section arranged as illustrated in the nape of the waist, but if it is desired without the tab extension, cut off the extension along small "o" perforations before placing pattern on the material. Several seams are avoided by placing the collar, yoke, back and waistband on the lengthwise fold of material.

The cuff section is laid along the selvedge edge, but the large "O" perforations rest on a lengthwise thread. The jabot is placed to the right of the cuff and the front of the waist to the right of the jabot, the back section intervening. The sleeve is laid on the material so that the large "O" perforations rest on a lengthwise thread.

As embroidery ornaments the jabot, the needlework should be done before the jabot is placed on the material for cutting. If the seams are hemstitched, the waist will be much daintier, though hemstitching has its disadvantages in the matter of wear.

There is no gainsaying the attractiveness of the advance models in Autumn blouses. They are quite the daintiest confections that artistic minds are capable of conceiving. Here is given an example of what may be done with crepe de chine or crepe Georgette. The front and back are gathered to a square yoke and



Pictorial Review Blouse No. 7355. 9 sizes, 34 to 44 inches bust. Price, 25 cents.

## Help to Save Canada's Fruit Crop

### A Practical Thrift Suggestion

This year, as never before, every quart of Canada's fruit crop should be used to the very best advantage. Though it all ripens within four months, it can be made to supply every table, every day in the year, at moderate cost.

Canning and preserving, done at home at the time when each fruit is cheapest, provide in delicious and economical form the daily fruit so necessary in a wholesome diet. Fruit put up at home is much cheaper than that which you buy, and the slight increase in its cost, due to the higher price of sugar, is small compared with the mounting cost of other foods.

Successful preserving and canning are by no means difficult, either, if you are careful to boil everything, and use

**Redpath SUGAR**

In Canadian homes, for the last Sixty Years, REDPATH Sugar has been the standby for preserving. It is always absolutely pure, and can be depended upon to do everything that sugar can do to ensure success.

Buy it, according to the quantity you need, in 2 or 5 lb. Cartons, or in 10, 20, 50 or 100 lb. Bags.

"Let Redpath Sweeten It"

**CANADA SUGAR REFINING CO., LIMITED, MONTREAL.**