

“War-Time Cookery”

FREE

Send name and address for new “War-time Cookery” This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

Approved by Canada Food Board

ADDRESS

E. W. Gillett Co. Ltd. TORONTO, CANADA

How ‘Bout it, Doc?

A medical journal vouches for this story: A distinguished surgeon, while making his rounds through a hospital, was momentarily dazed when a wounded soldier inquired querulously: “Say, doctor, when one doctor doctors another doctor, does the doctor doing the doctoring doctor the other doctor like the doctor who wants to be doctored, or does the doctor doing the doctoring doctor the other doctor like the doctor doing the doctoring wants to doctor him?”

Mr. Maxwell Suffered Years With Pimples Healed by Cuticura

“I suffered for years with pimples and blackheads on my face. The latter one could hardly get a pin point between, and the former itched and burned so that I could not sleep at night, and my face was just a mass of eruptions.

“I decided to give Cuticura Soap and Ointment a trial, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed.” (Signed) R. B. Maxwell, Upper Sackville, N. S., August 10, 1917.

You may think that because Cuticura does such wonderful work in soothing and healing severe itching and burning eczemas it is not adapted to the gentle uses of the toilet. On the contrary, that is just where it is most effective in preventing those serious skin troubles.

For Free Sample Each by Mail address post-card: “Cuticura, Dept. A, Boston, U. S. A.” Sold everywhere.

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For Repairs Work of All Kinds. Valves, Cams Washed. We sell gasoline, oils, tires and accessories. Open Day and Night.

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EXPERT ADVICE ON HOW TO CAN

Directions From the Federal Department of Agriculture for the Scrapbook.

HOME CANNING IN A NUT-SHELL.

Boil jars and tops for at least fifteen minutes before filling them. A wash boiler or any other large vessel (with tight-fitting covers) fitted with a false bottom of slats or wire mesh may be used for the processing vessel. While jars are still hot pack with prepared product. Without delay place rings on jars and put on hot tops, but do not screw or clamp air-tight at this stage. Place partially sealed jars while still hot into warm water up over the tops. Put covers on boiler. Boil (process) the filled jars for the time or periods specified. Seal by clamping or screwing tops until the jar is absolutely airtight. Cool the jars out of a draft and when cold test for leaks.

String Beans.

String beans for canning should be tender and fresh. When the beans within the pod have grown to any size canning is more difficult and the finished product is of poorer quality. The refuse is a good variety for canning. Use only well-sorted, small, tender beans. Wash and pick over the beans. String the beans and cut them into two-inch lengths. Cutting diagonally or “on the bias” gives a pretty product. If desired they can be canned whole and packed long-cabin fashion in square jars. After the beans are prepared blanch by placing in a cheesecloth bag in boiling water for from three to eight minutes, according to the age and size of the beans. Blanch only until the pods will bend without breaking, then plunge the hot beans into cold salt water (one tablespoonful salt to one quart of water) for an instant. Drain well, pack quickly and cover with hot brine (2 1/2 ounces of salt to one gallon of boiling water). Partially seal jars.

Processing with steam under pressure is recommended. Process pints 45 minutes under pressure of ten pounds. Seal immediately, cool in a draft-free place. When cold, test for leaks, and store in a cool, dark, dry place.

If the intermittent boiling process is used, boil for 90 minutes on the first day and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened and after each boiling the covers must be securely tightened to make sealing complete. Cool, test and store.

If a single period boiling process is used, place jars in the canner and boil for at least three hours. Seal, cool, test and store. Lima beans are treated the same as string beans, except that a seasoning (one-third level teaspoonful salt and two-thirds teaspoonful sugar) is added after the jar is packed with beans. When the jar is filled with beans, cover them with clear hot water. Paddle with a wooden paddle to remove air bubbles and partially seal-lids. Process as with string beans.

Peas. Green peas are among the most difficult vegetables to can at home. Absolute cleanliness, quick work, attention to every detail, are essentials to success. Only young and very freshly gathered peas should be canned. Peas are best gathered in the early morning when cool. Work rapidly from the moment they are gathered. Peas should not stand after being shelled. Get them into the previously boiled jars as rapidly as possible. Shell and sort, putting only peas of the same size and degree of ripeness together. Do not use hard, mature peas among tender ones or big peas with very small ones. Blanching (dipping into hot water) is very important. If well done,

it prevents cloudy liquor, making the peas tender and also removes some of the gummy substance which coats them. Blanch by dipping the shelled peas in a clean cheesecloth sack into boiling water one to four minutes, depending on the age of the peas. Put instantly, while hot, into cold water (one teaspoonful salt to one quart water) and remove after about 30 seconds. Drain and pack within one-half inch of the top of the previously boiled jar. If the jar is filled too full, a few peas at the top may burst and make the liquor cloudy. Add seasoning (one-third level teaspoonful salt and two-thirds level teaspoonful sugar to the quart) and fill with hot water and paddle well to remove all air bubbles. Partially seal jars.

Processing with steam under pressure is recommended. Process pints 45 minutes under pressure of ten pounds. Seal immediately, cool in a draft-free place. When cold test for leaks, and store in a cool, dark, dry place. If the intermittent boiling process is used, boil for 90 minutes on the first day, and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened to make sealing complete. Cool, test for leaks, and store.

If a single period boiling process is used, place jars in the canner and boil for at least three hours. Seal, cool, test and store. Baby Beets. The following receipt for canning baby beets is applicable to carrots. Only young, tender beets should be canned to get a high quality product, the best variety canning is the Detroit.

Sort the beets, putting uniform sizes together. Cut the stems off, but be careful not to cut off too closely or break the root. This will cause loss of juice, color and flavor. Boil in an enameled pan until three-fourths done, peel, pack hot in layers in previously boiled jars, fitting the second layer and into the spaces left by the first layer and repeating. Cover with clear hot water; partially seal the jars and boil them in a water bath for one hour continuously, counting from the time the water boils again around the jars. Do not allow cold water to touch the beets after they have been cooked. If beets are packed in tin the cans used must be inside-lacquered. Beets 1 1/2 inches in diameter and over should be cut or sliced before packing into jars. When a steam-pressure canner is used, process pints 30 minutes, under five pounds steam-pressure.

Sweet Corn. Successful home canning of sweet corn depends upon careful selection of tender, juicy corn in the milk stage. Corn for canning should never stand longer than a few minutes after being taken from the stalk. Corn which is past the milky stage or is stale is very difficult to can. Remove husk and silk. Blanch the cob by dipping into boiling water from one to three minutes or until milk is set. Have clean hands and utensils scalded. Cut corn off the cob. Pack immediately in previously boiled jars to within one inch of the top, but do not pack too lightly. Add seasoning (one-third level teaspoonful salt and two-thirds level teaspoonful sugar) to each pint of corn, fill jars with clear hot water. Paddle to allow liquor to penetrate to the bottom of the jar and to remove all air bubbles. Partially seal jars. Processing with steam under pressure is recommended. Process pint jars 1 1/4 hours at fifteen pounds pressure. Seal immediately, cool as rapidly as possible, but do so in a place free from drafts. Do not put into cold water, as the jars will crack. When cold test for leaks and store in a cool, dark, dry place.

If the intermittent process is used, boil pint jars 1 1/2 hours the first day and one hour on the second and third days. Loosen covers before each subsequent boiling and seal completely after boiling. Cool, test for leaks and store.

If the single-period continuous boiling process is employed, boil for at least three hours. Seal, cool, test for leaks, and store. Take every precaution to have good rubbers, and absolutely tight jars, test for leaks each time jars become cold and again 24 hours after processing. All jars showing slightest sign of leaks must be refitted with rubbers and reprocessed. Usually a better flavored finished corn product can be obtained by drying the corn, instead of canning it. Peppers. The best sweet peppers for canning are the Spanish varieties known as pimientos. The fruit of these pep-

pers has very thick flesh, tough skin, and is comparatively smooth and free from ridges. The bell peppers are not suitable varieties for canning. Peppers should be ripe, sound, and free from bruises. Sort, using the whole peppers for canning and small or broken peppers for products such as sauces, soups, chutneys and Dixie relish. Prepare for peeling by roasting peppers in a hot oven for six or eight minutes, being careful not to allow them to scorch. Peel, cut out stem, remove seeds and pack dry in flattened layers. No water or seasoning is used in the preparation of these peppers; the processing brings out a thick layer which most covers them in the previously boiled jars. Partially seal jars, sterilize (process by boiling) pint jars for 30 minutes. Cool and test for leaks. When a steam-pressure canner is used process pints ten minutes under an eight-pound steam pressure.

Okra. To can okra select young, tender pods. Remove stem without cutting the seed pod. Blanch by dipping into boiling water from three to six minutes. Plunge immediately into a cold salt water (2 1/2 ounces salt to one quart water). Remove at once. Pack into previously boiled jars, cover with hot brine (2 1/2 ounces salt to one gallon of water). Partially seal jars.

Processing with steam under pressure is recommended. Process pints 30 minutes under pressure of ten to fifteen pounds. Seal immediately and cool in a place free from drafts. When cold test for leaks, and store in a cool, dark, dry place. If the intermittent process is used, boil for one hour on the first day and one hour on the two succeeding days. Loosen the covers on the jars before each successive boiling, and seal completely after each boiling. Cool, test for leaks, and store.

If the single continuous-boiling period is used, boil for at least three hours. Seal, cool, test for leaks, and store.

Greens or Potherbs. A large number of cultivated and wild greens are edible, and when canned make succulent and valuable food for the winter and spring months. Among the cultivated greens are Swiss chard, kale, Chinese cabbage leaves, upland cress, French endive, cabbage, sprouts, turnip tops, young, tender New Zealand spinach, beet tops, dandelion, young, tender lettuce leaves, watercress, Russian mustard, collards and tender rape leaves. Among the wild greens are pepper cress, lamb's-quarters, sour dock, smartweed sprouts, purslane or “pusley,” pokeweed sprouts, dandelion and milkweed (tender sprouts and young leaves). Can greens the same day they are picked. Wash clean, sort thoroughly, allowing no foreign weed leaves or other vegetable matter to remain. Rid the greens of all sand, dirt and dry, decayed or diseased leaves. Place the greens in a crate or cheesecloth and blanch in live steam, either in an improvised home-made steamer or regular commercial steamer, for fifteen minutes. Remove the greens and plunge quickly into cold water. Remove to a freshly scalded pan or other vessel and cut into convenient lengths. Pack in hot water, add hot water to fill the container, and season to taste. If desired, a few strips of bacon, chipped beef, or olive oil may be added to the greens. Partially seal jars. Process with steam under pressure is recommended. Process pint jars 40 minutes under steam pressure of ten pounds. Seal immediately, cool in a place free from drafts, test for leaks, and store in a cool, dark, dry place. If the intermittent boiling process is used, boil for one hour on each of three successive days. Loosen the covers before each subsequent boiling, and after each boiling seal completely. Cool, test for leaks, and store. If the one-period continuous boiling process is used, boil for at least two hours. Seal immediately, cool, test for leaks, and store—United States Department of Agriculture.

Vegetable Mixtures. Attractive and economical vegetable mixtures to be served in salads, with omelets, scalloped dishes and garnishes for meat dishes, can be canned at home. This by-product may be canned often when small quantities are left from packing different vegetables whole. Any desired combination may be made. Vegetables maturing in the same season should be used. A good combination for the spring would be carrots, peas, string beans and onions. A mixture which could be made from the fall garden might consist of peppers, celery, onions and small lima beans. (Beets cannot be used in such mixtures because they discolor the entire contents of the jar.) All these vegetables are prepared separately as for canning and packed in layers in previously boiled jars. Each layer should be packed as tightly as possible before the next is added. When the jar is filled cover with brine (2 1/2 ounces of salt to one gallon of water). Partially seal jars. Processing with steam under pressure is recommended. Process pint jars 45 minutes under pressure of ten pounds. Seal immediately and cool in a draft-free place. When cold test for leaks, and store in a cool, dark, dry place. If the intermittent boiling process is used, boil for 90 minutes on the first day and 60 minutes on the second and third days. Before each subsequent boiling the covers must be loosened, and after each boiling the covers must be securely tightened to make sealing complete. Cool, test for leaks, and store. If a single-period boiling process is used, place jars in the canner and boil for at least three hours. Seal, cool, test and store. Plums. Select sound, uniform plums. Prick each with needle to prevent bursting. Pack as firmly into jars as possible without crushing. Fill jars with hot syrup made by boiling five pounds and eight ounces of sugar and one gallon of water for five minutes; and strained. (Plain boiling water or honey may be used instead of sugar syrup. Partially seal jars (process) quarts for fifteen minutes. Remove, seal airtight, and when cold test for leaks. Store in a cool, dark, dry place.

FRECKLES

Don't Hide Them With a Veil; Remove Them With Othine—Double Strength.

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails. Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely. Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee.

When a man thirsts for knowledge he is not necessarily dry in his remarks.

NOTICE TO ADVERTISERS

The British Whig has been notified by the Canada Food Board that all purveyors of food who publish advertisements in the newspapers must insert the number of their license in each advertisement, as follows:

“Canada Food Board—License No.—”

Those under license asked to observe this notice are: Grocers (wholesale and retail), bakers (manufacturing and retail), manufacturers of breakfast foods and cereals, millers, retail butchers, fish dealers (wholesale and retail), dealers in fresh fruits and vegetables (wholesale and retail), canners and packers.

The Food Board earnestly requests the fullest co-operation of those interested in the observation of this regulation. The British Whig trusts that all advertisers will note the request.



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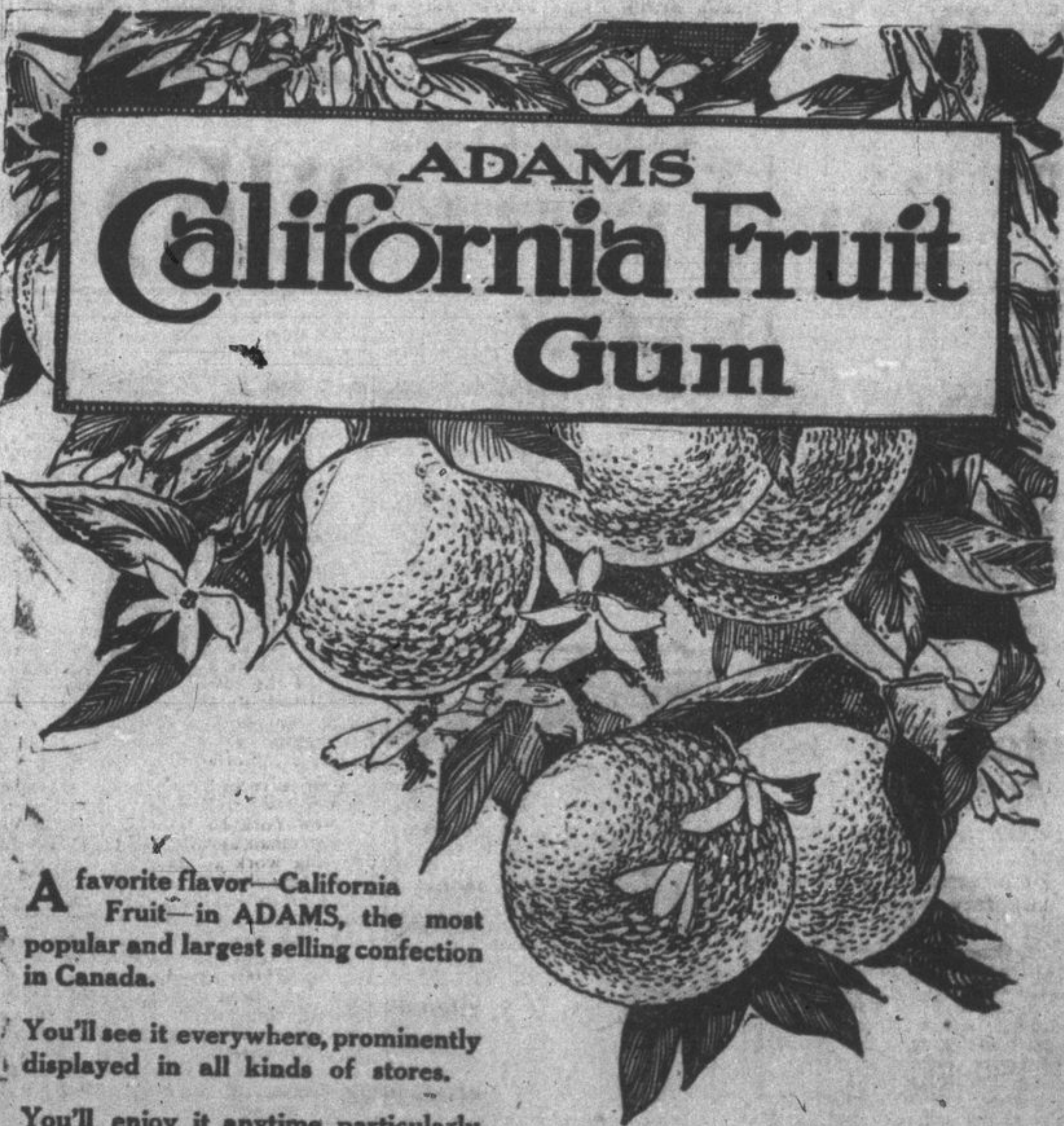
The bigger Comfort bar means more soap for the money than ever before. Think of that—in war-time! The quality is the same—the kind that gives Comfort the largest sale in Canada.

COMFORT SOAP

Ask for the Bigger Bar—your grocer can easily supply you. No premiums with the wrappers, in war-time. If you are still getting the smaller bar, however, its wrapper is still good for premiums.

Use Comfort Soap and get a brighter, cleaner, easier wash.

PUGSLEY, DINGMAN & CO., LIMITED, TORONTO.



ADAMS California Fruit Gum

A favorite flavor—California Fruit—in ADAMS, the most popular and largest selling confection in Canada.

You'll see it everywhere, prominently displayed in all kinds of stores.

You'll enjoy it anytime, particularly when you crave something tasty and refreshing.

CANADIAN CHEWING GUM CO. LIMITED

Prominently displayed in stores everywhere

Also ADAMS (the original) TUTTI FRUTTI GUM



ADAMS Pure Chewing Gum

Are You Master

or does your business master you? Does it insist on following you home and to bed and worrying you day and night until you are on the verge of nervous collapse? A few weeks' use of Dr. Chase's Nerve Food will do wonders for any business man or business woman whose nervous system has failed to stand the strain. It nourishes the nerves back to health and vigor.