

### DEHYDRATING VEGETABLES AND FRUITS.

The Housewives' League of Chicago is doing its bit in helping to take care of the surplus vegetables and fruit, which are sure to be on the hands of the gardeners as the season advances. Its members are co-operating with the public schools in gathering together the housewives in the various districts of the city, either in the home of some one of the district, or else in the local schoolhouse, to study canning and drying. Where 20 can be got together, the School Board has offered to furnish a teacher to instruct that group, on the condition that each one in the group promises to go out and form other groups, or to go from home to home, especially among the foreign districts where there is so much need, and pass along the instruction given.

At a recent gathering of this league, an exchange of experiences and a helpful talk on preserving vegetables and fruit were given by an expert from the New York School of Cooking. The dehydrating process was explained. "Dehydrating is the most practical form of preserving fruit and vegetables," stated Mrs. Mary Wilcox of the New York School of Cooking. "It saves in flavour, in natural juices, and in space. This process is recommended especially by the Government, in Bulletin 841 of the Department of Agriculture, in which many other ways of preserving are given. In this country, we are not so familiar with dried vegetables as with dried fruits. There is a movement at present among the farmers to dry and send them by parcel post. There are few homes in the cities which are familiar with the advantages of drying vegetables and fruits. In rural districts it has been done for years. There is no method so satisfactory, and so reasonable, as the dehydrating process. Now there is a perfect evaporator on the market, of which the Government has approved. It comes in various sizes, and is reasonable in price, costing about \$6 for the family size. It is also possible for neighbors to buy a large one together, or for clubs to buy for neighborhoods which do not wish to do this. But you can make your own evaporator. Get a large enough sheet of galvanized tin, bend it into the shape of a pan to fit the top of your stove, cut another piece to fit just closely near the top, put in a funnel through which to pour water into the pan below, and you have it. This is better than the out-of-door method.

"It is well known by fruiterers that the best of the fruit is kept in by the dehydrating process. It is equally true of vegetables. At present, we should all be conserving all the fruits and vegetables we can get hold of. To do this, it is necessary to prepare the food as for canning, blanching, and giving them the cold bath first. Then place on the shelf of the dehydrator. Carrots, turnips, pumpkin, squash, and large vegetables should be sliced lengthwise or across before drying. They require from 20 minutes to several hours, according to the variety. You will find the lists complete, with all data of that kind, in the Government bulletin, which you can get by writing to Washington. You can have asparagus all winter, by drying it now; so it is also with chard. It is delicious when soaked, and few can tell it from fresh. It does not lose its color or taste by this process. So with all vegetables and most fruit. Apples, apricots, peaches and cherries are most delicious done in this way. I never spare any fruit. It is far better with the skin on. They require less sugar put up in this way, and the flavor is far superior. Cherries may be sprinkled and dried to the consistency of raisins. They are delicious in cake.

"When preparing vegetables for soups, cut several different kinds and dry together; then put up in paper bags, twisting the ends tightly. They are already for use then. Tomatoes may be dried whole or sliced.

"Chard at present is abundant and should not be wasted. Cut into quarter-inch pieces, and dry the tops also. So, also, dry the tops of cauliflower. I always blanch and cold-dip my vegetables. It helps to keep in the juices.

"These vegetables and fruits can be put away in all kinds of utensils. I like paper the best. But old tin cans can be properly prepared, cereal boxes, paper bags, anything that can be kept dirt-proof. That is the beauty with this method of preserving.

"I find that cranberries are most excellent dried by this method. Before the war, I made delicious marmalades and jams and jellies of dried fruits. rhubarb stalks and celery are also excellent when dried.

### FOOD IN COLD STORAGE.

The quantities of foods, including chilled meats, dairy products and fish, held in storage by 96 per cent. of the cold storage companies in Canada on August 1st are shown in the monthly statement of W. F. O'Connor, K.C., acting Cost of Living Commissioner. They were as follows: Eggs, 13,001,751 dozen; butter, 12,250,124 pounds; cheese, 19,919,693 pounds; pork, 13,367,331 pounds; bacon, 6,062,963 pounds; ham, 2,301,799 pounds; beef, 6,015,772 pounds; smoked meats, 218,963 pounds; pickled beef, 1,896,913 pounds; pickled pork, 19,549,533 pounds; fowl, all kinds, 3,468,854 pounds; fish, all kinds, 13,992,170 pounds.

To estimate the total quantity of any commodity in the country at the first of the month about 10 per cent. should be added to represent amounts held by companies late in reporting and goods in transit within Canada.

About five and a half million pounds of butter are held in Quebec province and four millions in Ontario. Fifteen million pounds of cheese are held in Quebec and three million pounds in Ontario. Six million pounds of pork are held in Manitoba and four million in Alberta. In Ontario about three million pounds of bacon are held and a like quantity in Quebec. Beef is distributed as follows:

Two million pounds in Ontario, one million in Quebec, one and a half millions in Manitoba and one million in Alberta. Of pickled pork six million pounds are held in Alberta, eleven millions in Ontario, one million in Manitoba and one and a half million pounds in British Columbia, and the Yukon. Quebec has about three million pounds of the fish stored in the country.

The Cost of Living Commissioner finds evidence of accumulation of butter, eggs, cheese and beef. There was 40 per cent. more butter, 31 per cent. more eggs, 29 per cent. more cheese and 50 per cent. more beef in storage in August 1st last than was reported for the same date in 1916. It was stated that the accumulation was for the purpose of meeting orders for export trade.

The quantity of pork held was normal as compared with August 1st, 1916, while there was a decrease of 40 per cent. in the holdings of bacon.

### THE MIDDLEMAN'S PROFIT.

A housewife was recently cleaning a cabbage for cooking, when she discovered tucked inside the leaves a little note which read: "I got ½ a cent for this, what did you pay for it?" The farmer's name and address followed. She had paid six cents, and thought it cheap at that.

When potatoes were soaring a purchaser who paid \$4 for a bushel found a farmer's note among the tubers mentioning that he had gotten 67 cents for the bushel. If this check on middlemen could consistently be kept, there would be smaller profits or fewer middlemen.—Wall Street Journal.

"I am aware that there are difficulties for some in getting the evaporator. If so, use the close wire screening in the oven, to put fruit and vegetables upon. The fire can be turned low and you can leave the fruit or vegetables many hours, without harm. There is also still another practical method which I have used with profit. It is a sort of frame, made of tin with grooves for wire shelves, which can be filled with fruit or vegetables, covered with tight screens or netting and set in the sun, or suspended above a slow range fire. There are so many methods that there seems to be no excuse for letting any food go to waste. I use up every scrap as it comes from the tables, drying what fruits or vegetables are left from each meal."

Spinach was also spoken of by another housewife as good dried. In one suburb of Chicago, the women are canning, for three cents a can, all extra vegetables and fruit for those who have not room to do it. In the foreign districts, the women are being gathered in the local schools and taught economical dishes, canning, drying, and the English language. This is one of the patriotic and helpful methods of making good American citizens. Women in the clubs are urged to open their homes for such lessons in home-making. Such methods are not merely war methods; they are so socially sound that they should survive always.

## Textile Mills

*throughout Canada are working overtime on military and regular business*

Four mills are now under construction. Several plants have resumed operations during the past few months. A number of concerns have recently doubled the capacity of their plants. Practically all the mills are installing new equipment as quickly as it can be secured.

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### HOGS AT \$18.

The steady upward trend of hog prices since the first of the year reached a climax Wednesday, when for the first time in the history of Toronto's live stock industry the price was at \$18 fed and watered. Receipts that were hardly sufficient to meet the demands of Toronto packers and a growing scarcity of finished hogs in the country have been the deciding factors in bringing about present price conditions. Twelve months ago hogs were selling at \$12.50 per cwt. fed and watered at the Toronto Union Stock Yards, and two years ago the prevailing quotation was \$9.15 weighed off cars, which is equivalent to approximately \$8.90 fed.

Prices for the 15th of each month for the last year given in the appended tabulation show approximately the course which prices on swine have taken:

August, 1916	12.50	.....
September	12.75	12.85
October	10.65	.....
November	11.75	.....
December	11.75	.....
January, 1917	13.25	.....
February	14.40	.....
March	15.40	.....
April	16.75	.....
May	16.90	17.00
June	15.50	.....
July	15.75	.....
August	18.00	.....