

THE HOME

THE CANNING OF FRUITS; A SIMPLE PERFORMANCE

Many fruits retain their flavor when canned better than when preserved; the process is cheaper and may be satisfactorily performed in any farm kitchen. A range and some vessel in which to boil the jars is all that is necessary. If the jars are placed directly on the bottom of such vessel there is danger of breaking. A false bottom of slatted wood is first placed in the boiler and the jars rest on this. It is impossible to heat any substance in an open boiler higher than the boiling temperature. This temperature is quite sufficient to kill all bacteria present but is not sufficient to kill the spores. For this reason a second and perhaps third boiling is necessary. In the meantime the spores have time to develop into full-fledged bacteria and are killed before they have time to produce further spores. The whole process of canning rests on the principal that bacteria and their spores may be killed by heat, and that the vessel may be so close that further organisms may not enter.

In commercial work temperatures higher than boiling are secured by means of steam under pressure, and the sterilization of the fruit is secured at the one operation. Such contrivances are seldom found on the farm; but the same result is obtained by the fractional system, viz., boiling on two or three consecutive days.

APPLES.

Acid apples are best for canning. Select firm, well-ripened fruit. Peel and quarter, being careful to cut out all the core and all bruised or decayed specks. Pack firmly in jars and fill entirely full with fresh water. Use new rubbers, put tops on and place jars in the cooking vessel. Fill vessel with cold water to a depth that will bring up about an inch or two on the outside of the jars. Put on stove and bring to the boiling point. Boil ten minutes, seal tightly and continue boiling fifteen minutes. At the end of this time remove jars and let stand twenty-four hours. On the second day place in vessel as on first day and boil twenty-five minutes. Remove, let stand twenty-four hours and cook on third day as directed for second day.

BLACKBERRIES.

Fruit should be ripe but firm. Carefully remove all stems, leaves, trash, soft and imperfect berries. See that all fruit is clean. Pack firmly without mashing. Fill jars almost full and add four level table-spoons of granulated sugar, then fill jars entirely full with fresh water. Use new rubbers, put tops on and place jars in cooking vessel. Fill vessel with cold water to a depth that will bring water up an inch or two on outside of jars. Put on cover, place on stove and bring to boiling point. Boil five minutes, seal tightly and continue boiling five minutes. Remove and let stand twenty-four hours. On second day place in vessel as on first day and boil ten minutes. Remove, let stand twenty-four hours, and on third day cook as directed for second day.

GRAPES.

Use firm, ripe fruit. Pick from stem, remove all trash, imperfect and soft fruit and pack firmly. Fill jars full of fruit and add enough water to entirely fill jars. Use new rubbers, put tops on and place jars in cooking vessel. Fill vessel with cold water to a depth that will bring the water two or three inches on the outside of the jars, cover, place on stove and bring to boiling point. Boil ten minutes, seal tightly and continue boiling ten minutes. Remove jars and let stand twenty-four hours. On second day place in vessel as on first day, and boil twenty minutes. Remove, let stand twenty-four hours, and on third day cook as directed for second day.

PLUMS.

Select firm, ripe fruit. Wash in clean, cold water. Remove stems and trash. Pack firmly. Fill jars almost

full and add four level table-spoons of granulated sugar, then fill entirely full with fresh, cold water. Use new rubbers, put tops in position and place jars in cooking vessel. Fill vessel with cold water to a depth that will bring the water up two or three inches on outside of jars, cover, set on stove and bring to boiling point. Boil ten minutes seal tightly and continue boiling ten minutes. Remove jars and let them stand twenty-four hours. On second day place in vessel as on first day, let boil twenty minutes remove, let stand twenty-four hours, and on third day cook as directed for second day.

PEACHES.

Use firm, solid fruit, not too ripe. Peel, cut in halves and remove pits, unless fruit is to be canned whole. Pack firmly as soon as possible. Fill jars almost full and add 8 level table-spoons of granulated sugar, for a heavy syrup, and fill entirely full with cold water. Put new rubbers in place, set tops in position and place jars in cooking vessel. Fill vessel with cold water to a depth that will bring water up two or three inches on the outside of the jars, cover, put on stove and heat to boiling point. Boil ten minutes, seal tightly and continue boiling ten minutes. Remove jars and let them stand twenty-four hours. On the second day, place jars in vessel as on first day, and boil twenty minutes. Remove, let stand twenty-four hours and on the third day cook as directed for the second day. If medium syrup is preferred, use six level table-spoons of granulated sugar and cook as directed.—E. M. Straight, Macdonald College.

WHY WE DO NOT FIGHT.

"Norman Angell" (Elphinstone Norman Angell) manager of the Daily paper correspondent, who has been the general manager of the Daily in Paris, since 1905, contributors to that paper a striking article on the Panama Canal law entitled: "Why not fight."

He starts out by suggesting hypothetically a series of offences committed by Germany against England which, he says, would give an Anglo-German war infinitely greater participation than most of the wars of history and would indeed make war inevitable.

Those offences are intended as exact parallels of what the British regard as American offences against England in the past ten years and whose logical method of settlement would be by war "But," says Mr. Angell, "we have not gone to war, we shall not go to war; we are not even thinking of war."

This, he argues, is not because blood is thicker than water, for "when the Americans were really of English blood, which they are not now, we went to war with them twice so it is not for that reason that we submit to the affronts of America. The reason is because war would be ineffective.

"We could impose our will by war, America is not only impregnable, but is quite obviously impregnable. We could hit its ports, destroy her navy, bombard her coasts and blockade her coasts, but we should thereby create a position far more serious for ourselves than for her. She would be embarrassed; we would starve."

ENJOYING THE BEST OF HEALTH



"Fruit-a-tives" Cured His Rheumatism

Prof. J. F. DAVIS
563 Church St., Toronto.

I want to say to the people of Toronto and elsewhere that "Fruit-a-tives" is my only medicine and has been for the last four years. Previous to that, I had been very much troubled with Rheumatism and Kidney Disease, and had taken many remedies as well as employing hot applications of salt bags etc., without getting satisfactory results. Noticing the advertisement of "Fruit-a-tives", I adopted this treatment altogether and, as everybody knows, since taking "Fruit-a-tives", I have been enjoying the very best health and find it a pleasure to follow my vocation of Dancing and Department Instruction.

Winter Walks in Winnipeg.

"The West is a great country, all right," said an Ontario man, who recently returned from Manitoba, according to Toronto Saturday Night. "That is, it's a great country for three parts of the year, but little old Ontario is good enough for me in the winter time."

"One twenty-below zero day last February, in walking three blocks on Portage Avenue in Winnipeg, I met seven persons with frost bites on their faces. Following Winnipeg etiquette, I stopped the first man and said, 'Your nose is frozen.' 'Go to blazes!' was his answer. He must have been one of those yes-it's-pretty-cold-but-the-air-is-so-dry-you-don't-notice-it lars."

"Next I met a young lady, and I said, 'Lady, your ear is freezing.' She couldn't have scowled at me more fiercely if I had offered her my seat in a street car. These two rebuffs almost discouraged me from further courtesies of the kind, but my next attempt had its own reward. I noticed a white spot on the face of a pedestrian, and I said, 'Your cheek is freezing.' 'So is yours,' he replied, and we both laughed and grabbed handfuls of snow."

"Two days later I had to take a three-mile walk from one of the suburbs, and I had both hands frozen. I escaped with two months in the hospitals and the amputation of two fingers-tips, but I concluded that after harvest I would make for the East, where the air is damper and you feel the cold before mortification sets in. So here I am."

The Romance of Song.

The bosoms of the papers throughout Ontario have been rather agitated during the last few days by the matrimonial adventures of Julius McVicar, son of the late S. A. McVicar, one-time editor of The Spring Canadian. About a dozen years ago he took a train for New York. He landed on the stage. In Gotham he made quite a reputation as a musical comedy singer. The romance came.

It happened that one day the widow of the late Kingston Clumber, of marriage, attended one of McVicar's performances. The lady was thrilled by the vocal strains of the Canadian singer. At the residence of one of her friends she met the lion. As the country weeklies are putting it: "It was a case of love at first sight."

A marriage took place the other afternoon at the "Little Church Around the Corner."

And Julius McVicar, who not so long ago was knocking round Sarnia in knickers, has to-day a wife worth \$15,000.

SARCASTIC.

A young author, evidently desirous of benefiting by the experience of an older brother craftsman, once asked Richard Henry Stoddard how he had acquired such a mastery of Anglo-Saxon.

"I don't know how I ever did it," replied the poet, who, after a moment's reflection, added, "I think, however, I must attribute it to the fact that I never had any education."

THE WORD PARADISE.

Its Earliest Meaning Was an Inclosed Pleasure Ground.

The earliest meaning of the word paradise appears to have been a wall-ed in pleasure ground. In the Hebrew it was "pardes," in the Persian "ferden" and from one or other of these the Greeks appear to have derived the word "paradises," from which we get our own word. We also know that the ancient monarchs of Chaldea and Assyria and also of Egypt constructed vast inclosures of forest land for the preservation of wild animals kept for hunting purposes, and these were also called paradises. Thus the historical meaning of the word comes to this: A space protected from all incursion from the outer world, in which those who were privileged to enter were able to indulge in such pleasures as pleased the fancy.

It is easy to see the translation from the material to the spiritual meaning, paradise in the latter sense meaning the place of the elect or chosen. This is strikingly borne out by the fact that the favorite battler of the Moslems, whose firm belief it is that those who die fighting go straight to heaven, was always "Fight! Fight! Paradise! Paradise!" And the strong probability is that they got the word from the Persian campaigns of the eighth century. The use of the word in its present form in the New Testament is of Greek origin, and its description as applied to the garden of Eden is probably of Hebrew origin, dating from the period of the captivity.

MILLET'S SKETCHES.

The Painter Didn't Value Them and Let Them Go Cheap.

I sold Sensitive a quantity of Millet's sketches, and this is how I got them. I went into his studio one morning and found the servant making a fire with pieces of paper that looked as if they had pencil marks on them. I examined them more closely and, seeing that they were the painter's sketches, began to upbraid her for what she was doing, but she very coolly told me that her master had told her to burn up the papers. I could hardly contain myself with astonishment, when in came Millet, and I began to reproach him for the destruction of what I knew would sooner or later bring money. To all of which he calmly replied: "Ah, they are good for nothing. I have got out of them all I want." Just then I noticed a pile of paper in the corner, and I looked it over and found that it consisted of sketches.

"What will you take for the lot?" I asked.

"Anything you have a mind to give," said Millet.

"Will 500 francs be enough?"

"Oh, yes."

I handed him the money and took the sketches home and counted 800. Soon after I sold them to Sensitive, who mounted them carefully and set to work to sell them. From this one can get some idea of the endless preliminary study Millet gave to the preparation of a picture.—Charles Jacques in Century.

Almost an Accident.

The fussy little gentleman sidled up to the cabman, who was standing dejectedly at the bottom of the hill.

"And pray, my good fellow," he purred, "what's the matter?"

"Matter, sir?" replied the cabby, turning the straw in his mouth.

"Why, a gentleman's oss ran away with a broom. Never seed anything like it, sir. Down the hill he came, with the reins a-dangling and the sharves splintered, and knocks a butcher's barrow into a china shop!"

"Dear me!" muttered the O. M.

"Yes," continued the cabby, "then he hangs agin a carriage and pair and smashes the hoffsides back wheel all to bits. Then he supsets a phaeton and a gig, and if he hadn't run agin my old cab and turned it right over I'm werry much inclined to think there'd have been a haccident!"—London Answers.

It Shocked Her.

"My goodness," said Mrs. Oldcastle, "I can't understand how any one ever is able to muster up enough courage or daring or whatever it is to go dying on an aeroplane. There is nothing in the world that could induce me to travel on one, no matter how safe they might make them."

"Yes, it's perfectly awftl the way folks risk their lives," replied her hostess as she rubbed an \$3,000 suitcase on her velvet sleeve. "I really think a good many people go crazy over them kind of things. When I was a girl I went to see a man who went up in a balloon and came down on his parasite, and it affected me so I never want to see anything of that kind again as long as I live."—Chicago Record-Herald.

Duties.

Man cannot choose his duties. He may choose to forsake his duties and choose not to have the sorrow they bring. But he will go forth, and what will he find? Sorrow without duty—bitter herbs and no bread with them.

The highest liberty is harmony with the highest laws.—Giles.

Suits:
Samples for Fall Suits and Overcoats have now arrived.
Prices from \$16.00 to \$35.00

Caps:
We have a very nice line of Fall Caps
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Now is the time to buy THAT RAIN COAT. 15% off all Raincoats from now until end of month.
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Come in and see them.

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Prices from \$1.50 to \$2.25.

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Buy at Lloyd's and get satisfaction.

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Real Estate

FOR SALE

RESIDENCE FOR SALE.

My residential property in the village of Granville Ferry, including fine large house, modern, commodious and convenient, admirably adapted for summer boarders, with good stable and hennery. One acre of land partly in garden and small fruit. Fine lawn and garden. Fine situation, beautiful view of river and valley, and directly opposite the old historic town of Annapolis Royal, connected by steam ferry, A bargain. Ill health my only reason for selling.

W. E. PARR,
Granville Ferry, Aug. 17th

RESIDENCE FOR SALE.

Situated on Granville St., Bridgetown, contains large dining room, and pantry on first flat. Six bedrooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water.

Apply to
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Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to

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23 acres of choice orchard land, situated at Wilmot in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stromach. Fine young orchard of about 400 trees, about seven years old, now on the property. Property will be sold on easy terms to purchaser. Apply to Eastern Canada Savings & Loan Co. Halifax.

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That very desirable residential property situated at Carleton's Corner, Bridgetown, consisting of modern dwelling house, stable, shop and orchard and garden. Also one hundred acres of woodland. Possession can be given first of May.

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HOUSE FOR SALE.

A very desirable, centrally located house, with large garden or building lot, suitable for a single family or two small families. Small sum of money buys it. For particulars apply to

M. K. PIPER,
Monitor Office.
Bridgetown, June 18th, t.f.

IMPORTANT NOTICE

According to the postal law now in force newspaper publishers can hold for fraud anyone who takes a paper from the post office and refuses payment, and the man who allows subscriptions to remain unpaid and then orders a postmaster to send notification of discontinuance to the publishers lays himself liable to arrest and fine. Postmasters are also liable under the law for the cost of papers delivered to other persons after the death or removal from their office district of the persons to whom the paper was first addressed.

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