

RECIPES FOR HOUSEKEEPERS

THE RECIPE.
The fruit is prepared in the ordinary way; the jars are cleaned and scalded while rubbers and tops are boiling. The fruit is then placed in the jars, in which COLD water is placed. When the jars have been sealed all-right they are placed in a boiler filled with cold water and brought to the boiling point. Berries will do if removed when the boiling point is reached, while large fruits, such as peaches, cherries, plums and apricots, should get twenty to thirty minutes boiling. Keep cover of wash boiler on tight.

RED CROSS.

Fruit for Overseas.
We cannot do better than quote from the Bulletin of the Ontario Agricultural College No. 184, under date of Nov. 10, incorporating an address delivered by Mr. J. A. Morton, before the Wingham Women's Institute, at one of their regular monthly meetings, wherein he states the application and employment of heat is a most effective preservative, and the best one, consistent with safety to the user of food.
A question which suggests itself right here is this: Should sugar be used or not? A great many people still cling to the old idea that fruit cannot be kept without the addition of sugar in the process of canning. This is entirely and surely a mistake. Sugar as ordinarily employed, takes no part in the preservation of the fruit from deterioration.
The first thing to do is to see that the jars are perfectly clean, thoroughly sterilized with boiling water, then boil rubber rings and covers, using absolutely new rubber rings of the best quality. All fruits are put in the clean jars cold and uncooked, when sugar is added in the form of syrup. The jars are filled nearly to the top—not too full—so that as the contents swell, it will not overflow.
The jars must not be too empty, lest the oxygen in the air within the jar give any resting-spores, which may not have been killed by the heat, opportunity to germinate and mould. The jars are then packed in the boiler. The glass lid and screw top are then put on the jar and about one turn given to the screw top, thus allowing the gases to get out in the cooking. The filled jars are cooked in the wash boiler, which ordinarily holds from 13 to 15 quart jars. We use a false bottom in the boiler, made of wooden slats. The boiler being put on the stove with the jars standing upright on the false bottom, cold water is poured into it until two-thirds of the jar is filled with water.
After having washed and pickled over the berries, stew them well in a little water, just enough to cover them, when they burst open and become soft, sweeten them with plenty of sugar, mash them smooth, (some prefer them not mashed); line your pie plates with thick putty, fill them and lay strips of paste across the top. Bake in a moderate oven.

GOOSEBERRY PIE.
One quart of gooseberries, sugar to taste, one pint of custard, a glass of whipped cream. Put the gooseberries into a jar with sufficient moist sugar to sweeten them, and boil until reduced to a pulp. Put this pulp at the bottom of a trifle, pour over it a pint of custard, and when cold cover with whipped cream. This dish may be garnished as one desires.

FRUIT BULLETIN

STRAWBERRIES. This is the second official Niagara Fruit Growers Bulletin. Buy your STRAWBERRIES now. They are at their best this week. Ask your Grocer to secure the Niagara Peninsula Grown kind.



GOOSEBERRIES are ready now. Great for pie or spiced and served with cold meats.

Really Fresh Fruits and Vegetables
Cherries
Strawberries
Watermelons
Musk melons
Lettuce, Radishes
Onions
String Beans
Butter Beans
WM. SMITH
The New Fruit Store
48 MARKET STREET

way up the jars, the cover is put on the boiler, and the water therein brought to the boiling point. How long it should be kept there depends upon the quality of the fruit being cooked. Keep it boiling long enough so that when the jar is opened the fruit will be palatable without further cooking. Strawberries, raspberries and blackberries will do if removed after five minutes boiling. Take the jars out of the boiler, put the rubber rings on, which have been thoroughly sterilized previously, and fasten down the cover. The air is getting into the jar, which you will be able to detect by bubbles forming inside the jar. It is caused by poor rubber or defective top; replace it by a good one, put back the jar into the boiler for a few minutes longer. Larger fruit, such as peaches, pears, plums and like, should get from twenty-five to thirty minutes boiling; the time depending on the hardness of the fruit. A hard peach requires longer than a mellow one.
The amount of sugar which will be used in the Red Cross Fruit Kitchen of the Niagara District will be as follows: Raspberries and red currants in combination, black currants, four



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WHAT IS GOING ON IN GERMANY?

Swiss Papers Are Asking That Most Pertinent Question.

WHAT SOCIALISTS ARE SAYING

People Are Bled Mercilessly and Are Becoming Impoverished.

By Special Wire to the Courier.

London, July 4 (New York Times cable)—A despatch to the Morning Post from Geneva, says:

"What is happening in Germany?" is the question placed at the head of numerous articles in the Swiss newspapers during the last few days and the fact that the question is so frequently put shows that the feeling which prevails among the population of Germany is one of serious disquiet. Speaking at a meeting of the Leipzig City Council on Wednesday last a Socialist councillor said:

"The people are being bled so mercilessly, they must not only be impoverished, but also ruined in health. Muller-Meininger is well known to the people, will rise in force and that will happen. There is an end to all patience."

According to the Gotha Zeitung, Muller-Meininger is a well known leader of the Radical Party in the Reichstag and has written to Von Batocki a letter in which the following passages occur:

"I am continually hearing cries of distress from the whole of Thuringia about the lack of sugar. The discontent increases daily to a most serious extent and only actions will help now. Fine words and visits by high officials are useless unless improvement is quickly made. Noisy gatherings will be heard of also outside the large towns, for the whole German people are of the opinion, and rightly so, that the limit of endurance has been reached. The bureaucracy is utterly bankrupt, and the people already are rising against it and will finally do so with force."

The condemnation of Liebknecht has undoubtedly aggravated the situation. A Socialist manifesto, distributed in thousands, in the industrial districts of Germany before the

Being Fed Dog Meat

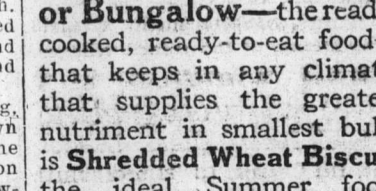
Lieut. Glen Gordon Writes That This Is Part of His Food in German Prison Camp.

Stratford, July 5.—That dog meat now forms part of his daily food is the information contained in a letter received by Mr. William Gordon, of Mornington street, from his son, Lieut. Glen Gordon, who is a prisoner of war in Germany.

SUSPENDED A NEWSPAPER

London, July 5.—The governor of Cologne has prohibited the publication of the Rheinische Zeitung until further notice, says a Reuter despatch from Amsterdam.

For Summer Camp or Bungalow—the ready-cooked, ready-to-eat food—that keeps in any climate, that supplies the greatest nutriment in smallest bulk, is Shredded Wheat Biscuit, the ideal Summer food, because it supplies everything the human body needs in a form that is easily and quickly digested. Combines deliciously with fresh fruits. Always clean, always pure, always the same price.



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Social and Personal

The Courier is always pleased to see items of personal interest. Phone 574.

Miss Nellie Berry, 195 Park Ave., returned home after a pleasant visit with friends in Stratford.

Mr. and Mrs. W. H. Whittaker and daughter leave this afternoon on a trip through the West.

The many friends of Mr. J. Ernest Hurburt will be pleased to know he is doing well in the hospital, after an operation for appendicitis.

Friends of Miss W. L. Roberts, 159 Brant avenue, will be glad to know that she has completed her course for Sunday School Teacher's Certificate, obtaining very high marks, 83 per cent, on the whole examination.

Harry P. Charlton returned to Ottawa to-day, after a short visit to his home, 123 Alfred street. Harry or "Chick" as he was called by the Y. M. C. A. basketball team, is going to try to do his bit, joining the Forestry Battalion No. 238, now being organized under Lieut. Col. W. R. Smyth, M.P., Algoma.

A very pleasant and enjoyable time was spent at the home of Mr. and Mrs. Hudson Jennings, Friday evening, when the many friends of Miss Beatrice gathered to bid her farewell before her departure to train as a nurse in Brantford General Hospital. The early part of the evening was spent in games on the lawn. Then everyone adjourned to the house, where music and dancing was in order, after which Miss Beatrice gave a laid read an appropriate address and Reginald Thomas presented her with a beautiful gold wrist watch on behalf of her many friends. Although taken completely by surprise, Miss Jennings made a very suitable reply. Light refreshments were then served, after which many songs were sung and the party broke up, thanking Mr. and Mrs. Jennings for their kind hospitality.

Mr. and Mrs. A. E. McWeed, St. George street, are spending their vacation with friends at Port Ryerson.

A very friendly and interesting game was played last evening at the Bellevue Tennis courts, which were visited on the occasion by a number of players from St. Mary's church. Mixed doubles and men's doubles and singles were played, the Bellevue team winning out.

Earthquakes are Numerous in Italy

Eruption of Stromboli Is Becoming Very Serious

Rome, July 4.—8 p.m.—Via Paris, July 5.—The eruption of Stromboli has become serious. The flow of lava is spreading to the Sparco coast, burning and destroying houses and the population is fleeing to the sea and taking refuge on relief ships sent from Messina. Telephonic communication with Messina has been interrupted.

There are many signs of seismic disturbances throughout Italy. The heat has been intense for the past two days. Earth shocks occurred during the morning at Ancona, Rimini, Bellvedere, Marettimo and other Adriatic districts, but no loss of life has been reported.

NEWS NOTES OF ST. GEORGE

(From our own correspondent.)
Miss Irene Connor of Galt, is spending a few days with friends here.

The Public school closed for the summer holidays last Wednesday. J. P. Herbert spent a day of last week with his parents.

Mrs. Stenebaugh of Winona, is visiting her sister-in-law, Mrs. John Luskam.

Mr. and Mrs. McNeill spent the holiday with Mr. McNeill's mother at Port Dover.

Miss Jessie Maitland of Toronto spent a few days of this week with Mr. and Mrs. Reid.

Miss Eva Boughton, of Brantford, spent the holiday with Mrs. Shaver.

Bob Oliver of Toronto, is visiting his friend, Hunter Wilson.

Mrs. Charles Brown and little son of Guelph, spent the holiday with Miss Esther Forbes.

Ptes. Fred Ellis, and Gordon Tucker, spent the holiday with their parents here.

John Ronald of Schumacker, Ont., is visiting his parents here.

July Clearance Sale J. M. Young & Co. July "QUALITY-FIRST"

Thursday Specials

From Our July Clearance Sale

- \$2.00 Satin \$1.50**
1 piece only Black Duchess Satin, 36 in. wide, best of Lyons dye. Regular \$2.00. Sale price **\$1.50**
- Awning Stripe Silk 90c**
36 in. wide Awning Stripe Silks, in Navy, Alice, Brown, Rose and Paddy. Sale price **90c**
- Roman Stripe Taffeta 75c**
Roman Stripe Taffeta Silk, 36 in. wide, in light and dark colors. Sale price **75c**
- Black Taffeta \$1.25**
36 in. wide Black Taffeta for skirts or suits, good weight and worth to-day \$1.75. Sale price **\$1.25**
- Wash Shirts 98c**
Ladies' White Wash Shirts, made of repp and Indian Head, pockets, flare styles. Sale price **98c**
- House Dresses 98c**
Ladies' House Dresses, short sleeves, made of print, dark and medium colors, full range of sizes. Sale price **98c**
- Hosiery Specials**
Ladies' Black and White Silk **25c**
Boat Hose. Sale price **25c**
Silk Hosiery in Black and full range of colors, full fashion, seamless, all sizes. Sale price **50c**
- Children's Dresses 59c**
Children's Dresses, made in light and dark colored Gingham, sizes 1 to 6 years. Sale price **59c**
- Children's Dresses 98c**
Children's White Lawn and Muslin Dresses, slightly soiled, many styles to pick from, sizes 2 to 14 years. Sale price **98c**
- Children's Drawers 25c**
Children's White Cotton Drawers, lace and trimmed, sizes 2 to 14 years. Sale price **25c**
- Glove Specials 25c**
Ladies' Lisle Thread Colored. Sale price **25c**
Ladies' Silk Gloves, in white and black. Sale price **50c**
- Dresses \$2.48**
Ladies' Dresses, made of Gingham, Repp and Linen, colors Rose, Tan, Blue, Black and White, also fancy checks and stripes, many styles to choose from. Sale price **\$2.48**
- Children's Dresses 25c**
Children's White Cotton Drawers, lace and trimmed, sizes 2 to 14 years. Sale price **25c**
- Children's Drawers 25c**
Children's White Cotton Drawers, lace and trimmed, sizes 2 to 14 years. Sale price **25c**
- Millinery \$1.59**
Ladies and Misses' Ready-to-Wear-Millinery, in sport and striped effects. Sale price **\$1.59**



J. M. YOUNG & CO.

NEWS NOTES OF ST. GEORGE

family of Brantford, spent the holiday with Mr. and Mrs. S. S. Lawrance. Mrs. Jas. McNally is spending a few days of this week with her mother at Waterloo.
Miss Ramlie Russell and Mrs. (Dr.) C. H. Hunt, of Louisville, Ky.; Mrs. C. E. Popper of Chicago, Mr. and Mrs. R. F. Ridell, Mr. C. J. Ridell of Buffalo, N.Y. and Mr. and Mrs. C. Simonson of Galt, Ont., spent the holiday with Mr. and Mrs. Robt. Snowball.
Mrs. Lewis Wood entertained her music pupils last Friday afternoon and evening.
Last Friday evening the members of the Methodist League had a social for the reception of their new minister, Rev. W. J. Brandon and family. It also being the last meeting of the season. Everybody enjoyed themselves and heartily welcomed Mr. Brandon and family.
Miss Marion Miller left for her home in Winton last week, closing her millinery parlors for the summer months.
Rev. W. J. Brandon, formerly of Paris, preached his first sermon here in the Methodist church on Sunday. In the evening the customary courtesy was shown the new minister by the other two churches withdrawing their services, all worshipping in the Methodist church.
A meeting of the Women's Institute was held at the home of Mrs. John Malcolm on Friday, June 30th. Miss Jean Graham sang a solo entitled, "Memories," and Miss Guest of Toronto, was the speaker.
Mr. W. H. Kerr had a splendid day for his barn raising on Friday.
Mrs. Rose, of Caledonia, is visiting her daughter, Mrs. Ed. McLaughlin.
Miss Kathleen Black, of Toronto, spent a few days of this week with friends and relatives here.
Miss Farquharson, of Paris, spent the holiday with her brother, Rev. C. D. Farquharson.
Mr. and Mrs. Norman Sturgess of Brantford, spent the holiday with relatives here.
Miss Gladys Howell spent the holiday with relatives in Plattsville.
Miss Nellie Douglas of Galt, is visiting Mrs. John Malcolm.
Miss Goldie Struther left on Saturday to go west for her holidays. Miss Irina Horning of Toronto, spent the holiday with her parents here.
Mrs. J. C. Newman, Toronto, is visiting her father, S. C. Waite.
Mr. and Mrs. J. P. Lawson, of Toronto, spending the week end with Mr. and Mrs. Harry Freeman.
Word was received this week from Pte. Henry Whyte that he is on his way home from a hospital in Sheffield, England, where he has been for some time. Pte. Whyte was wounded in the head while fighting in France and has now been discharged as physically unfit for further military service.

Two Men, Unable to Pay Fines, Will Go to Jail.
Berlin, Ont. July 5.—Lampke and Robert Simmonds, fine \$50 and costs, or three months in jail in Police Court yesterday morning for assaulting P. C. Gorman and P. C. Farrell. P. C. Gorman arrested Lampke with a warrant served and was assailed by Lampke who attempted to make his escape from the constables. Simmonds went to Lampke's assistance, but they were finally handcuffed and taken to the cells, where they spent the night. The prisoners were unable to pay the fine, and will serve the jail penalty.
Send The Courier to your soldier friend at Camp Borden.

Charles Klein, playwright, who died in the Lusitania disaster, May 7, 1915, left a total estate of \$169,306, having a net value of \$157,668, according to a transfer tax report.
Prohibitionist Senators lost in trying to amend the post office appropriation bill to exclude from the mails liquor advertising destined to States having laws against such advertising.
Send The Courier to your soldier friend at Camp Borden.

Children Cry FOR FLETCHER'S CASTORIA

"LITTLE CHAPS" ARE FIGHTERS
English War Correspondent Tells of Prowess of the Bantams.
AT FIRST ENEMY DESPISED THEM
But They Were Soon Showed Courage Does Not Always Run to Size.

The following article, taken from the London Chronicle gives a good idea of what a "bantam" do if one puts a uniform on him. The following remarkable episode of little men in battle is penned by Mr. Philip Gibbs, our special correspondent with the British forces in the field. He writes, under date June 17:—
A month or two ago I chanced to be at a port in France when a transport ship came in with some 500 troops. The men filed down the gangway, and then formed up on a quayside before being entrained, as they did so I rubbed my eyes, wondering what had happened. These men were somehow different from all the other troops I have seen arriving in France on their way to the battlefields. They were small men, Lord! They were all well, standing no more than 5 ft. above their boots, and for the most part less than that.
A word gave the cue to the story. The Bantams' Why? course, these were the first drafts of the famous British Division of the West. That was one of Kitchener's ideas, which came to him one day in Chester, when he saw a number of small men who were below the standard of military height. Why not roll them in a separate unit of their own?
"I can get you 3,000 of them," said the Mayor of Chester, "and they are very keen to go."
Before long there were 12,000 men, recruited from Cheshire, Lancashire, Warwickshire, and Westchester, and beyond the Channel, and now a whole division are in the line.

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And we were because the cooking. She well, I guess meal coming. So we had restaurants struck a brick call 139 and a cook in the
and the were man