

HELPFUL HOME CANNING HINTS

Canning Cherries.
The large black, red or white sweet cherries are usually canned unpitted, but sour cherries should be pitted. Unpitted cherries look better, and some people think they taste flavored. It is a convenience, however, to have the stones removed especially when used for pies, etc.
The cherries should be picked over, washed and well drained before putting in. An inexpensive household cherry stoner may be readily obtained. As this saves time and labor, everyone who expects to can a quantity of cherries, should have one.
Pack in jars to within one-half inch of top and cover with boiling water to five minutes, cold dip and pack in jar. Cover with boiling syrup of medium grade, made with one part sugar to two parts water. The pineapple jelly contains 7 per cent of sugar and when it has accumulated in sufficient quantity it may be used boiling hot instead of syrup for a few jars, or it may be canned separately for use as a beverage. Pineapple canned for children is wholesome put up in this way.
After packing the jar and filling spaces with hot liquid, put on rubber top. Adjust top ball or screw on with thumb and little finger.
Sterilize 10 minutes in hot water bath or ten minutes at five to ten pounds' steam pressure. Remove, seal tight and cool.
Both sweet and sour cherries are used for the table, but sour cherries are best for pies and puddings.
Canning Pineapples.
It is advisable for the housewife

to can local food surplus. Pineapples are easily canned, and if not shipped from a distance may be profitably put up for home use.
Select firm pineapples for canning. Pare, remove eyes, shred or cut into slices or small pieces. Squeeze the juice which escapes while cutting and strain and reserve. Blanch three to five minutes, cold dip and pack in jar. Cover with boiling syrup of medium grade, made with one part sugar to two parts water.
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ZEEBRUGGE HEROES WIN RECOGNITION

Daring Naval Exploit is Recalled by Award of Several Victoria Crosses

SEAMEN ARE HONORED

By Courier Leased Wire.
London, July 24.—(via Reuter's Ottawa agency)—The heroic exploit of the Zeebrugge and Ostend is recalled by to-day's announcement of the awarding of a series of new Victoria Crosses to those members of the crews of vessels which took part, whose deeds are fully recorded in the official Gazette as follows:
Captain Alfred Francis Blakney Carpenter, R.N., for "most conspicuous gallantry." He commanded the Vindictive and set a magnificent example by his calm composure while navigating mined waters and bringing his vessel alongside the Mole during the darkness. When the Vindictive was within a few yards of the Mole and the enemy started and maintained a heavy fire from batteries of machine guns and rifles onto the bridge, he showed the most conspicuous bravery and did much to encourage similar behavior on the part of the crew. He supervised the landing of the Mole and walked the Vindictive's decks while directing operations and encouraged his men while in most dangerous positions.
Lieut. Richard Douglas Sanford, R.N.—"He commanded submarine C-3 and most successfully placed the vessel before the piles of the viaduct before fighting the fuse and abandoning her. He eagerly undertook this hazardous enterprise, although well aware, as were all the crew, that if means of rescue failed and he or any of the crew were in the water at the moment of the explosion, they would be killed outright. Yet Lieut. Sanford disdained to use the gyro steering gear which would have enabled him and his crew to abandon the submarine at a safe distance and preferred to make sure as far as humanly possible of the performance of his duty."
Lieut. Percy Thompson Dean, R.N., V.R., motor launch 282: "Lieut. Dean handled his boat in a magnificent and heroic manner when embarking officers and men from the block ship at Zeebrugge. He follow-

ed the block ships in and closed with the Intrepid and Iphigonia under constant and deadly fire from machine guns and heavies at pointblank range, embarking over a hundred officers and men. When this was completed and he was proceeding from the canal, he heard that an officer was in the water. He rescued the officer and then proceeded handling the boat through the manoeuvre. Three men were shot down by his side while he conned his ship. On clearing the entrance to the canal the steering gear broke down. His manoeuvres, however, the engines and avoided complete destruction by steering so close under the Mole that the German batteries were unable to fire on the boat. The pilot of this operation was carried out under constant machine gun fire from a range of a few yards, and it is solely due to this officer's courage and determination that motor launch 282 succeeded in saving so many."
Captain Edward Bamford, D.S.O., Royal Marines Light Infantry: "This officer landed on the Mole from the Vindictive with three platoons of the Marine storming force. When on the Mole and under heavy fire he displayed the greatest initiative and command of his company and on his total disregard of danger showed a magnificent example to his men. He first established a strong command in the right of his own embarkation, and when satisfied that it was safe, led his men in the assault on a battery to the left with the Mole and the Vindictive. He caused many casualties. It was difficult to locate the guns doing the most damage, but Sergeant Finch and others in the foretop kept up a continuous fire, changing rapidly from one target to another and thus keeping the enemy's fire down to a very few seconds, chiefly in the upper works from the Mole. Unfortunately two heavy shells made direct hits on the foretop which was completely exposed to the enemy concentration of fire. As in the top were killed or disabled with the exception of the Finch, who although severely wounded, showed consummate bravery by remaining with the battery in an exposed position. He ordered and harassed the enemy with continuous fire until another direct hit was received, under the circumstances the command being then completely out of action. Before the top was destroyed Finch had done invaluable work, and by his bravery undoubtedly saved many lives."

GREATER SUPPLY OF BREADSTUFFS

British People Grow Enough For Forty Weeks.

SIR ARTHUR LEE SPEAKS

The United Kingdom is steadily becoming more self-supporting and will want aid to carry them over only about three months of the year, instead of nine months as was the case before the war.

The United Kingdom is within a measurable distance now of being self-supporting in the matter of breadstuffs. Sir Arthur Lee, Director-General of Food Production, estimates that this year's harvest will give 40 weeks' supply, as compared with a little over 10 weeks' supply in 1915-1917, and 18 weeks' supply in 1917-1918.
Sir Arthur's estimate for this year is based on the assumption that the whole of the wheat and barley crops



SIR ARTHUR LEE.

of the oats, and one-fourth of the potatoes (the surplus above normal consumption) could be made available for breadmaking.
The increase in the acreage under crops in England and Wales on April 27 is shown in the following table, based on an official census:

Crop.	Acres.	Inc. over 1916.
Wheat	2,665,000	752,000 39
Barley	1,490,000	58,000 11
Oats	2,820,000	735,000 35
Bye products	632,000	230,000 69
Potatoes	645,000	217,000 50
Total	8,302,000	2,042,000

The wheat acreage is the greatest since 1882; oats, 20 per cent, and potatoes 27 per cent, above previous records.
It is estimated that the increase in tillage in the United Kingdom will be well over 1,000,000 acres. The present condition of crops is very promising.
The total number of allotments is over 1,300,000.
Reckoned in tonnage, the net saving in shipping resulting from the increased production in corn and potatoes in England and Wales alone should amount in the coming year to 1,500,000 tons.
The figures quoted relate only to holdings of an acre and upwards, and take no account of allotments and gardens. The increase in allotments alone since 1916 is not less than 800,000 in England and Wales, or 30 per cent. The additional weight of potatoes produced by this expansion may be reckoned at not less than 800,000 tons above the normal.

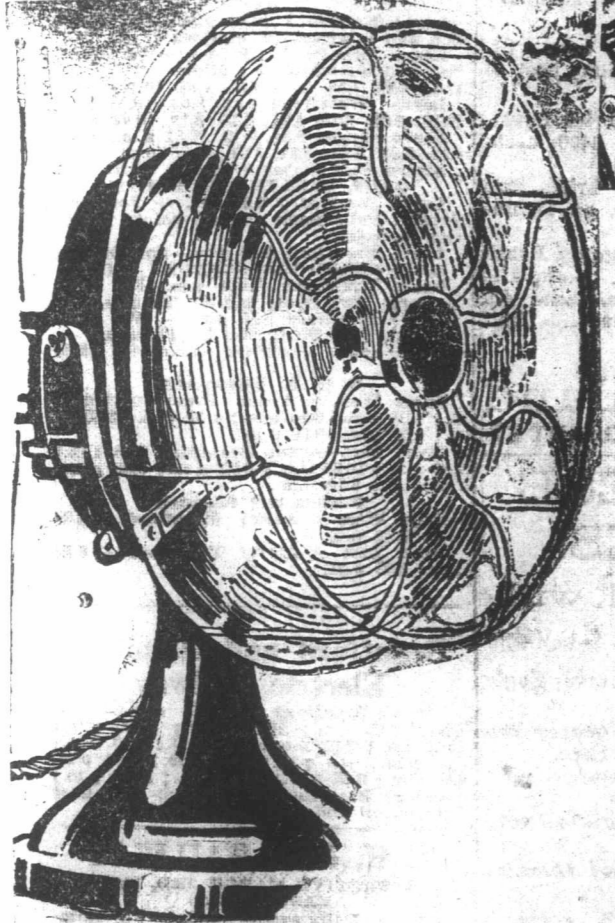
Monument Preserved.
Approaching Kut-el-Amara from the south by the river Tigris the first thing one sees nowadays is a tall obelisk. It stands on ground sacred to no people in this world but the British. It stands on the wide, shell-torn and deeply-trenched neck of land, base of the peninsula on which the town is built—where for 143 days the shattered remnant of a British army withstood a double siege of constant bombardment and slow starvation.
This obelisk was raised by the Turks to commemorate the surrender of Gen. Townshend and their victory over the British forces that had tried so long and so heroically to relieve him. To me it was an exclamation point to punctuate my own astonishment.
I saw it first in the wonderful lights of early evening—a tall white shaft in a half-circling fringe of palm trees, lifting itself against a background of placid river, which lay in a short straight stretch to the north, reflecting the colors of the sunset.
Was ever anything quite so premonitory? It makes me realize, as nothing else could, how confident the Turks and the Germans were that they had the British in Mesopotamia permanently defeated. Defeated! It seems incredible that anyone could have imagined it. In the face of things as they have become, that obelisk seems to me to express a kind of whimpering entreaty, as though it felt itself strangely inappropriate and would get away if it could to follow its builders on the long trail of retreat to the north. It is a monument to monumental misadventure, the ironic humor of it being unique and a thing in which Englishmen may now rejoice.—Saturday Evening Post.

Times Mothers. It's hard work to take care of children and to cook, wash, sew and mend besides. Times mothers take Hoover's Sarsaparilla. It refreshes the blood, improves the appetite, assures restful sleep, and helps in

Rippling Rhymes

By Walt Mason.
JULY HEAT.
My fat old form is willing in heat that does not cease, and I'm no longer lifting a song of joy and peace; I'm groaning smoking phrases the censor says are wrong; the day is hot as blazes, and seems a fortnight long. And this is what I yearned for some six brief months ago! It's what my bosom burned for, when we had wholesome snow! The sun grows hot and hotter, it blisters and it tans; I drink three kegs of water, and wear out palm-leaf fans; a red-hot wind is blowing, from some baked, parched shore, the perspiration's flowing, I leak at every pore. And this is what I sighed for, when winter was on deck! It's what counts.

I wailed and cried for, until I sprained my neck! I cursed, from A to Izzard, the winds that used to blow, the stimulating blizzard, the sweet refreshing snow! Because my ears were frozen, I talked like one gone deaf; the language I exhausted, denouncing winter's graft. The worms and bugs confound me, the chiggers give me pain; the flies are buzzing round me, I swear at them in vain. It is too hot for reading, it is too hot to write; a bilizard's what I'm needing, and may it come tonight. The sun all day is pelting my head with chunks of heat, I feel my system melting and running down my feet. And this is what I hoped for, in cheery winter days! It's what I wept and groaned for, this bath in solar rays!
Dominion police have rounded up thirty-seven of the alleged ring-leaders in the disorders of registration day in Beauce and Montmagny.

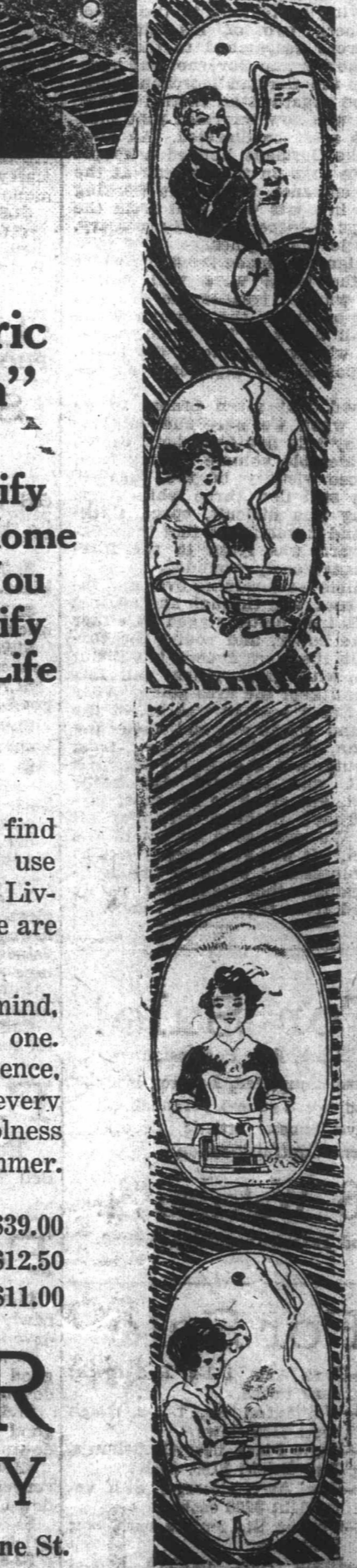


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ANTI-BOMBARDMENT INSURANCE IN PARIS

Premium Soars Higher as Fighting Continues—Life Insurance Also Jumps

Paris, July 25.—(Correspondence of The Associated Press). The Germans have brought into Paris "anti-bombardment insurance." The one company allowed to do such business will insure any given property only against damage from 5,000 shells. If the Germans were to reach a point where their huge 350-centimetre guns could effectively batter Paris, and were to pour 5,000 in without damaging any given piece of property, its owner would have released against the next five thousand shells.
The price of the anti-bombardment insurance has gone up to twice what the anti-airplane bomb policies cost. It means just six francs per thousand of insurance if it is furniture and other household goods that is being insured; eight francs per thousand if buildings and twelve francs if anything else.
The insurance company also has drawn up a scale of insurance against personal injury from long range and other kinds of guns and airplane raids. Thereby it is possible to insure civilians up to 50,000 francs at four francs per thousand in the districts nearest the present front; at 2 1/2 a thousand in Paris and its immediate vicinity; at one franc in remoter departments, and at 75 centimes in the most distant departments, and in Algeria.
The company, whose parent organization in England has achieved a reputation in years past for taking any kind of a "sporting" risk in the insurance line, will not insure life for over 50,000 francs unless special premiums are paid.

FORD ISSUE LEFT TO LABOR COUNCIL

Windsor, July 25.—At a packed meeting of labor men representing all classes of union industries of the border cities held in the Windsor Trades and Labor Council last night, it was agreed to leave the hands of the labor council the matter of the reinstatement of the discharged Ford motor employees. A communist was read from the floor, Thomas Crothers, Minister of Labor, stating that the government would proceed against the Ford company if it could be shown that he had locked out men engaged on war work.
The meeting was also informed that instructions had been given Crown Attorney H. Hodg to investigate the circumstances in connection with the dismissal of the Ford employees and to report fully to Ottawa.

In the first half of July, 6,845 recruits were obtained for the Canadian forces, as against 7,508 for the last half of June.

WILL DEMAND HEARING
AT G. W. V. A. MEET
London, Ont., July 25.—Comrades Capewell and Grievess, two of the leaders of the insurgency in the London branch of the Great War Veterans' Association, will be sent to Toronto next week to attend the Dominion convention, even if they are forced to go without credentials. Announcement to this effect was made by Sergt. Crosswell, who presided at a meeting of the London branch when he was not sustained in an attempt to limit the qualifications of members who have not seen actual service on the firing line. President Lieut. Col. William G. Coles refused to issue credentials to

the insurgents to attend the convention and they thereupon wired to Toronto, asking for the privilege of being heard. Even should this be denied they will present themselves at the convention and seek a hearing direct from the house.
NOMINATED FOR GOVERNOR
By Courier Leased Wire.
Saratoga Springs, N. Y., July 24.—New York state Democrats in informal convention here to-day named Alfred E. Smith, president of the New York City Board of Aldermen, as the party organization's choice for nomination as governor. The vote for Mr. Smith was practically unanimous.

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