thoroughly, and leave them in sterilizer, covered with water, until ready to pack, then lift out one jar at a time and do not wipe it.

Test all jars before using, to make sure they will seal properly. Always place a false bottom in the

sterilizer, to keep the jars from direct contact with the heat of the fire, other-wise breakages will occur. Wrap jars in paper before storing, to preserve the beautiful coloring of

fruits. the Do not open the jars because the

fruits have shrunk. The space left by the shrinkage of fruit, and the escape of some of the water by steam, a sterilized vacuum, and will not in any way injure the product.

For exhibition purposes, however, the jars may be opened after about % of the sterilizing period is over. Open the jars to be exhibited, and fill UD with fruit from another jar, replace rubbers and tops quickly, return jars to boller and finish sterilizing, being careful not to sterilize long enough to let the fruit break up.

# Sugarless Rhubarb For Pies.

Wash and cut the stalks into small pieces. Pour boiling water over the fruit, and drain immediately. Then lunge into cold water for a moment and pack firmly into sterilized jars. Fill up jars completely with boiling water Put on rubbers and tops and seil at once. It is not necessary to cook rhubarb, as the high percentage acid makes it unnecessary to steril-e as other fruits. When wanted, he as other fruits. When wanted, your off the water and use as fresh hubarb

### Sugarless Berries.

Raspberries, blackberries, blueberdes, strawberries, etc., should be hul-led and stemmed and, if necessary, closely washed Pack in sterilized jars, shake them down to ensure a full pack, but do not crush the fruit. in boiling water to completely fill the jars. Put on rubbers and tops, but do not tighten the tops completely. Leave them just a little loose to allow the steam which accumulates inside the jar to escape.

If a spring-topped jar is used, leav the side spring up. Place the filled jars in the boiler on the false bottom, with enough warm, not hot, water to come about 34 way up the jars. Cover the boiler with a close-fitting lid, bring the water to a boil and continue to boil (or sterilize) for 10 minutes. Remove boiler lid, let the steam escape for a moment, then tighten the tops and remove from boiler. Invert to cool, in order to watch for any de-fects in the sealing. Store in the dark. Sugarless Apricots, Peaches, Plums, Cherries.

Apricots and peaches, plums and cherries, should be stoned and the large fruits cut in half. Apricots and peaches should be blanched by pouring boiling water over them for a mo ment, and then plunging them quickly into cold water for a dip and out again.

Remove the skins and pack in the eterilized jars. Pour in boiling water to completely fill them, and put on rubbers and tops, leaving the tops a triffe loose. Place in the boiler on a false bottom and sterilize for 20 minutes. Tighten tops, remove from boiler and invert to cool. Store in the dark.

#### Sugarless Apples, Quinces, Pears

Orchard culls may be used, paring off all spoiled pieces. Pare, quarter and core the fruit, dropping the pieces into cold water as prepared, to prevent discoloration. Pack in sterilized jars, filling up completely with boiling water. Put on rubbers and tops, leav-ing tops loose. Place jars in the boiler and sterilize for 20 minutes. Tighten tops and remove from the boiler. These fruits are suitable for pies, salads, puddings, or as a breakfast dish with

Women's Work After the War HAT the Women's Institute of Madoc, Hastings Co., Ont., is a flourishing one, was proven by

the large attendance at their meeting held a few days ago. The ladies have room in the Armouries in which they meet for Red Cross work and to con-duct business, but as the day was quite warm it was decided to use the large drill room. Between 50 and 60 es gathered around the platform and our representative, who dropped into the meeting, was informed that their total membership was morning that their total membership was around the 100 mark. Mrs. Kells, the president of the Institute, presided, and Miss H. McMurchy, of Toronto, was the visit-ing delegate.

Miss McMurchy based her marks largely on women's work after the war. "This subject is so big and so vague," she said, "that it is rather hard to get down to natural things. But it is important that we consider this question. In any sort of venture, it is well to be forearmed. It seems to me that this is a fundamental attitude. It's time that we gave up the 'muddling through' way of looking at things and instead, tried the method of foresight. Even though we can't actually work on many of the schemes that we have on hand, we ought to looking ahead and trying to decide what the situations are that we will have to meet in the future.

"In regard to women's work in the home, we are face to face with a seri ous problem, and one whose import-ance we have hardly estimated. There has been a failure so far to relate the economy of the household with the economy of the nation. There is a direct communication between nation the is a al affairs and what we do as house wives in managing our own hom The sooner we face this problem the better. This relation is very simple, because the women are the spenders of to-day. It used to be that women helped to produce the goods that were consumed by the family, but now very many things are bought instead of being made at home. This means that we have a great part in the whole economic system, because ultimately it is the women who determine what is to be manufactured and grown. must, therefore, study what sort of ma-terial to buy and where we can get the best of material." Miss McMurchy pointed out what has been done by the organized Consumers' Leagues in the United States, where they send re-presentatives into the factories and shops to enquire as to how goods are manuactured. Then the members of the League are obliged to buy goods only from those who are producing them satisfactorily. "It is along these lines," she continued, "that we will have to work in the future. We should remember that we are respon lible for the condition under which goods are manufactured, that we are responsible for what we buy and that we should see to it that we buy wisely. "Besides being responsible for spending, we are responsible for the

management of our household. great deal has been written and said, particularly in rural districts, on the need of thrift. To consider what your resources are and then to be sure that you get the best possible returns for the amount that you expend, is to my mind, the meaning of thrift. is true in the case of foods also We have to know what kinds of foods are. We obtain to buy. How many of us study how to avoid waste in our kitchen? I know that from the beginning of the Women's Institute, their work has been directed to the study of foods has but we haven't seen this question the light of a national problem. If we can save in our foodstuffs, we are making the nation richer, because the wealth of a nation is just the wealth of the individuals who make up that July 13, 1916



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# July 13, 15

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daily, except Sunday, arrive Camp Borden 12.30 p.m.

Leave Toronto (Union) 12.15 p.m. Saturday only, arrive Camp Borden 2.15 p.m.

Leave Toronto (Union) 1.30 p.m., North Toronto 1.40 p.m. Saturday only, arrive Camp Borden 3.30 p.m.

Leave Toronto (Union) 2.30 p.m Tuesday, Thursday and Saturday, ar-rive Camp Borden 4.50 p.m. Leave Toronto (Union) 6.40 p.m.

daily, arrive Camp Borden 8.55 p.m.

FROM THE CAMP.

arrive Torono (Union) 8.20 a.m. Leave Camp Borden 9.50 a.m., Mon-

day, Thursday and Saturday, arrive Toronto (Union) 12.00 noon. Leave Camp Borden 9.50 a.m. daily,

arrive Toronto (Union) 12.30 p.m. Leave Camp Borden 1.30 p.m. Satur

day only, arrive Toronto (Union) 3.25 p.n

Leave Camp Borden 4.05 p.m. daily except Sunday, arrive Toronto (Union) 7.00 p.m

Leave Camp Borden 8.00 p.m. daily,

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