

# HELPFUL HOME CANNING HINTS

## EXPENSIVE ARTICLES NOT NECESSARY.

By Laura Butum.

Use what you have. Any style of jar or tin-can in good condition will do. A wash boiler, bucket or large kettle may be used for a cooker. A false bottom raised an inch and slatted, or open enough to allow the water to circulate freely about the jars should be provided for the cooker. The vessel in which the canned products are "processed" is called a cooker or sterilizer or canner. The processing is the sterilization operation.

Plenty of table space is a help, as room for an orderly arrangement of utensils, accessories and materials saves confusion and makes for fewer false moves.

A bucket to hold water for blanching (a canning term similar in meaning to par-boiling) is convenient. A sour kettle or stew-pan will serve the same purpose, in cases where the blanching is done in steam instead of boiling water, a false bottom and cover may be added.

A square of cheesecloth or wire basket is needed to strain the vegetables into the boiling water.

Some implement for lifting jars in and out of the cooker is almost indispensable. For half-top jars, a hook is fit. A galvanized iron wire may be bent at one end into a hook and loop forced at the other end for a handle. Ordinary button hooks with long handles makes practical lifters. For Mason and Ball jars, some implement which will grip, like tongs, is convenient. The duplex fork is the most satisfactory and the cost is trifling. A wire potato masher may be useful in this task, too.

Other necessary articles are: dish pans, basins, sharp knives, large and small spoons, well mouthed funnel for filling jars, measuring cup, colander for draining vegetables, after washing, towels and a clock.

## WATCH THE NECKS.

Run a finger around the edges of necks of jars, and if there are sharp little projections, file them off or scrape with an old knife. See that glass tops fit when placed without rubbers. They will be loose, but should not rock when tapped. Rocking tops will not make a tight seal.

Screw tops should be fastened tight without rubbers, and if the tip of a knife or finger nail can be inserted under the rim, the tops should be discarded for cold-pack canning. If the deflection is very slight, however, it may be remedied by pressing a knife handle on the lower edge against a hard surface, thus straightening the offending bulge. Jars should be examined for cracks, too.

New rubbers should be used. Color is not always an indication of good quality—there are good rubbers of different colors. Fold the ring and press tightly and then turn it over and reverse the fold in the same place. A perforated rubber for cold-pack canning will show no creases or break under this treatment.

These tests for jars and rubbers are essential for success.

## CANNING DON'TS.

Don't remove the clamps from economical tops until jars are slightly cooled. The condensing steam creates a vacuum and the cover is held on tightly by pressure of air outside.

**STRUPS FOR CANNING FRUITS.**

Fruits may be satisfactorily canned without sugar, and those put up especially for young children, might better have sugar omitted. The adult taste requires sweetened fruit and less sugar is required if the fruit is sweetened when canned. Sugar is added in syrup form when the product is canned and permeates it well during the processing or sterilizing. It is more economical to can fruits

with sugar rather than to add sugar when using.

In directions given, various grades of syrup are mentioned. These are in the following proportions: Thin—One part sugar to four parts water. Medium—One part sugar to two parts water. Thick—One part sugar to one part water.

In making the syrup have the water boiling, then add the sugar very gradually. Stir constantly, keeping the liquid boiling, until all of the sugar is dissolved. A clear syrup, which rarely needs skimming, results if this method is used.

Thin syrups are used for all sweet fruits such as cherries, peaches and apples. Use medium syrups with sour fruits, such as strawberries, gooseberries, apricots. Thick syrup is suitable for preserving, and especially sun-cooked preserves. Thin syrups are used in former seasons, when they were used in small quantities, rapidly becoming thick.

Care should be taken while using the syrup. The liquid should be added boiling hot to the filled jars, but between times, it allowed to continue boiling, it will change in quality, a thin syrup in small quantity, rapidly becoming thick.

**CANNING CABBAGE.**

It is advisable to can the surplus of summer cabbage, much of which has been wasted in former seasons. Separate leaves, remove core and cut out thick midrib, as when preparing to cook for the table. Wash thoroughly. Blanch five or ten minutes and cold dip. Pack in jars and add one level teaspoonful salt to each quart, then cover with boiling water. Put on rubber and top. Adjust top ball or screw top with thumb and little finger.

Sterilize 120 minutes in hot water bath or 60 minutes at five to ten pounds' steam pressure. Remove, seal tight and cool.

**CANNING BRUSSELS SPROUTS.**

Have the sprouts fresh and sound. Wash well, then blanch five to ten minutes and cold dip. Pack into jars and add one level teaspoonful salt to every quart. Cool with boiling water. Put on rubber and top and partially seal by adjusting top ball or screwing on top with thumb and little finger.

Sterilize 120 minutes in hot water bath, or 60 minutes at five to ten pounds' steam pressure. Remove complete seal and cool.

## KING AS PLAINTIFF.

By Courier Leased Wire.

Newark, N.J., July 30.—King George of England is plaintiff in a suit filed in the State Supreme Court here to-day, asking \$1,022,000 damages against the Lehigh Valley Railroad Co. in connection with the destruction of British-owned munitions in the disastrous Black Tom Island explosion at Jersey City in July, 1916. The French Government claims \$520,000. The damage asked in these and other actions begun to-day aggregate nearly two million dollars.

## LEGION OF HONOR.

By Courier Leased Wire.

Paris, July 30.—Lieut. Nungesser, the second French ace, was cited for the Legion of Honor yesterday, having brought down, according to the official announcement, thirty-one German planes and destroyed three observation balloons. He has received many wounds and has been cited fifteen times and is a member of the Legion of Honor or "His superb example of courage."

# IMPRISONING LOUISE



(1) View from the Chateau verandah.  
(2) Giant Steps in the Paradise Valley.  
(3) Lake Louise.

NOBODY ever gets accustomed to Lake Louise. You come down in the morning, thinking of catheaps and coffee. And at the staidhead you have your first—yes, it is a smashing glimpse of the lake. No water could be so greenly-blue, so shot with amethyst half-shadows, so blent with undersaturated diamonds and banded agates and shivering sapphires. The slender cliffs to the left make a frame for it—the lake slopes to the right give it fire by their sombre contrast. But that dazzling, unbelievable whiteness that froth over the top of the world at the lake's end—that soaring, slanting, living wonder that somebody referred to the earth by the process of naming it the Victoria Glacier—is unresistible than Louise itself.

But the artist looks at it with just the same voracious hunger as at least so says Walter D. Wilcox, F.R.G.S., who got his first sight of Louise in 1891, and has been an annual pilgrim ever since. It was just an annex of Banff then, this wonder-lake, and there weren't a hundred people in the east who had ever seen it.

"You can't paint it," declared Mr. Wilcox this year, out of twenty-seven seasons' knowledge of its dancing moods. "You get your clouds and your rock colors in. Then you try to get the water, but you can't. You can't get the light and the mountains. You can't get the sky and the lake that want with your light effect. You might work for years and never see the precise combination repeated that you tried to get and got a maddening half of."

Mr. Wilcox made his second visit with some college friends in 1893, and this time he brought a camera, a little 6 x 7, that laid the foundation for all his future reputation in the

world of films and plates.

In addition to the delicacy and correctness of his photographs, Mr. Wilcox can claim to have taken the largest picture ever achieved in Canada at a height of 10,990 feet. This is his panorama from Mt. Wilcox with an EXX 35 camera, and so real looking that a hot day makes you want to put it up beside the electric fan as a chill-producer.

Mr. Wilcox's famous Lake Louise study in another bit of wizardry. "It took me just four years to get that one," he told me. "I believe I brought the camera back at least ten times, and when I finally had a promising day, I waited from eight till twelve o'clock for the psychological moment that brought the light I wanted on the water and the mountains."

Another scene the picture-maker coveted was the sparkling Giant's Steps in Paradise Valley. "I worked on that falls for two days and I had a man to help me. We cut down a tree that interfered with the camera, and we tied up heaven knows how much rubbish. I don't believe in making a scene artificial but I do believe in making it artistically natural."

"The beginner doesn't get one plate

in twelve," said Mr. Wilcox. "Often he spoils his whole dozen. You can be a 'little serious' and still have some sort of result in ordinary photography. But in color work, it's all or nothing."

"Nowadays I'm going over all the old beauty spots here in the Rockies, and I have the composition worked out from my experiments of years ago. The precise location of the camera is marked in every case, all that I have to do is to wait for the right light effect."

"Sixty-two thousand people came to see Louise last year. Want to be wonderful, folks, when the time comes that will give every pilgrim the chance to carry it away with him, imprisoned in a little gorgeous opal-colored miniature?"

But alas, even that won't altogether satisfy the true Louise-lover. You can't photograph the spice of the fire, the cool breath that blows straight from the glittering heart of the glacier, the puff of snow-spray and the long rumble that spells avalanche to the tranced watcher on the hotel verandah. And you can't have a fairy movie-man standing behind your way, anachronism, stirring the shifting shadows of cloudland into the spell of your lake. E. T.

# SALUTE IS PROBLEM AMONG NAVY WOMEN

All Members of Royal Naval Service Want to Salute or to be Saluted

(Associated Press.)

London, July 30.—The ever-occurring saluting problem has been brought to the British navy in a rather perplexing form by the growing activities of the Women's Royal Naval Service. Senior officers in the service desired to be saluted by those of lower rank, male or female; the majority of the girl "privates" want to salute someone but who when and how have not been definitely fixed even in official orders. It is a matter of some confusion, it is stated, for recent official orders. It reads that "Officers and women of the W.R.N.S. (commonly called Wrens), will not salute their superior officers (male or female). When addressed by their superior officers they are however, to stand at attention and suitable respect is always to be paid such superior officers on all occasions."

"A very great deal depends on that word 'suitable,'" said a Wren private when she first read the order. "Before the war she had been accustomed to every luxury, but she takes her own very serious view and considers her command a unit rather than several individuals. 'The question naturally arises as to what might be considered 'suitable' respect toward an officer who might have been unanimously voted petty by the girls," she continued. "There is too much opportunity for display of individualism."

But the paragraph affecting the men is causing more confusion. It reads: "Officers and men of other Royal Naval Services will salute officers of the W.R.N.S. who, by their badges of rank, are their seniors."

when they meet or pass them, in a similar manner to officers of the Royal Navy. Officers of the W.R.N.S. will acknowledge such salutes by bowing."

Sailors have been heard to ask why they should salute a Wren officer when the Wren privates are not required to do the same. Then a long-standing order in the British navy requires a sailor to salute anyone "having the general appearance of an officer." Promulgated that an officer might command respect, even though he happened to be in civilian dress.

A commentator on the situation remarks that taking into consideration the old and the new orders and granting generous allowances of honest mistakes, a Wren and a sailor may salute each other in about any manner that the occasion might appeal to them to require. "The Wrens" as the members of the Women's Army Auxiliary Corps are called, are safe to salute; their officers in camp and office, and in France—the practice is carried out among them in public as well. The girls do not salute the full army aviators as in the army but merely raise the hand to the hat. They never salute officers of the army or navy if it appears, for so the women officers receive salutes from service men.

Despite their military uniform and bearing, officers of the women's organizations are expected, it is pointed out to the King or Queen, to courtesy in the old-fashioned way of their grandmothers.

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By Anabel Worthington.

An attractive and unusual way of handling the yoke is the feature of this dainty frock for a very tiny girl. The dress hangs straight from the shoulders, but at the front there is a little inset yoke to which the dress is gathered. A sailor collar of the material outlines the yoke, which has the appearance of a shield. As the dress buttons on the back, the collar is designed to be non-irritating. It hangs and buttons in the same way as a dress. The full sleeves may be made either long or short.

The children's one piece dress pattern No. 8524 is cut in 4 sizes. The 3 year size requires 3 yards 27 inch, or 2 1/2 yards 36 inch, or 3 1/2 yards 44 inch.

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# SHIPPING PROBLEM HAS BEEN SOLVED

100,000 Tons Added Monthly, Declares Sir Eric Geddes

**SITUATION IS GOOD**

London, July 30.—The British anti-submarine has brought the submarine menace down to its present less formidable dimensions, Sir Eric Geddes, First Lord of the Admiralty, declared in the Commons today, but he added "we still have considerable additions to make to the fleet before the margin of safety which we must have will be obtained."

Sir Eric gave the House to-day a review of the naval situation and particularly defended the policy of starting national shipbuilding yards, in discussing the shipbuilding program in connection with the navy estimates for the current year.

Comparison of Year.

The First Lord compared the situation to-day regarding tonnage with that of a year ago. Then the net loss in tonnage, he said, was 550,000 gross tons monthly. Submarines then were not being destroyed as fast as the Germans were building them, while the merchant shipping yards were short of men and material. Four hundred thousand tons net loss monthly was the British deficit. Every yard that could take work had been put on royal building.

Gradually during the year, Sir Eric continued, the position had changed in many directions. Instead of losing tonnage the world's fleet now in the last quarter had been gaining roughly 100,000 tons a month. The Allied and neutral world was as well off on June 30 as on January 1, 1918. This result, he declared, had been obtained by reduced sinkings and increased building.

The Reason.

The reduced sinkings had been secured, he said, the First Lord of the Admiralty, by a greater productive effort, devoted to warships and

small craft of an anti-submarine character. Nothing was included of commandeered or acquired tonnage in this result.

"The problem of a year ago was considered by many almost incurable and insoluble," said Sir Eric. "Merchant carrying power was being sunk at a rate which would have made it an impossibility to continue the war and there was no tried recognized means of combating the campaign. It was necessary to provide a building program of an anti-submarine submarines, other appliances and merchant ships on a greatly increased scale."

"The total increase in labor in last year in shipbuilding yards and marine engineering works was 35,000. The original demand of a year ago was for 80,000 additional men. The increase in the number of part of them skilled. Owing to the increase in the number of men, the demands for technical men for the air force and the army it was impossible to obtain the proper quota of skilled men by their withdrawal from the army. Unskilled men were offered freely, but they could not be absorbed because of the lack of skilled men."

# PURPOSE OF EMPIRE HAS NOT ABATED

Unshaken by Four Years of War, Declares Earl Curzon

By Courier Leased Wire.

London, July 30.—(Via Renter's Agency)—Earl Curzon, speaking at a banquet at Gray's Inn last evening, said that at the beginning of the first year of the war the purpose of the nation and the Government showed no weakening, abatement or modification. He believed that in the meeting of the Imperial War Cabinet, by the notion of the problems which had beset them for years. This machinery would now have to take a more permanent shape. The sister nations of the Empire would now have to have a voice in the council chamber just as their soldiers participated in the decisions of the battle field.

The events of the past fortnight were probably destined to exercise an influence over the whole course of the campaign, not less remarkable than that of the battle of the Marne, 1914.

The speaker stated that Sir Robert Borden had reaffirmed Canada's determination, despite all sacrifices, to fight to the finish, justifying her entry into the war.

Great Britain, during the war, he said, had been the leader, clothed, banker and almost universal protector of all the Allies. The supreme efforts of France would have been impossible except for Great Britain and in view of this service it was remarkable that our armies were not so small, but so large.

General Smuts had paid tribute to Great Britain's mighty efforts which had not been given sufficient publicity. During four years she had raised 8,000,000 men and had increased her food producing plans.

# SPANIARDS LIABLE

San Juan, Porto Rico, U. S. A., July 21.—A test case to decide whether the ruling of the Department of State that island born sons of Spanish born parents are included in the operation of our selective draft is valid, is pending in the Federal Court.

F. H. Dexter, an attorney acting for Jose Lopez Garcia, has asked that a writ of habeas corpus be issued against an American military officer directing him to produce the plaintiff before the court.

The plaintiff's ground for asking for exemption from military service is that he, as the son of a Spaniard, is a Spanish citizen and that his citizenship is recognized by international law and the constitutional and statutory law of the United States.

# RECIPE FREE, BUT ADVERTISEMENT COSTS

A recipe telling how to make beer was advertised in a paper a few days ago. The Ontario House Board decided to obtain one of the recipes and sent the necessary dollar to the advertiser. The recipe was received all right and with the dollar the advertiser was free to write it and advertise. Inspector Ayrault pointed out yesterday, however, that it is illegal for anyone to make any intoxicating drink at home, the penalty being \$300.