

and sorrows, forgetting themselves in the determination to "do their bit for humanity! Are not these things noted in God's Book? He will never forget a cup of cold water given in the Name of Christ.

The remembrance of God's unfailing Record both warns and inspires. It is a solemn thing to know that no thought is too secret, no omission of duty too trifling to be noted. And it is an inspiration to know that God notices and remembers the sunny smile and cheery word which make hearts grow lighter, and the little acts of kindness which brighten the home like sunshine. You may forget, others may not notice, but nothing is too small to be recorded in God's Book of remembrance.

"The kindly plans devised for others' good,  
So seldom guessed, so little understood,  
The quiet, steadfast love that strove to win  
Some wanderer from the woeful ways of sin—  
These are not lost".

DORA FARNCOMB.

## The Fashions.

### How to Order Patterns.

Order by number, giving age or measurement as required, and allowing at least ten days to receive pattern. Also state in which issue pattern appeared. Address Fashion Department, "The Farmer's Advocate and Home Magazine," London, Ont. Be sure to sign your name when ordering patterns. Many forget to do this.

See under illustrations for price of patterns shown in this week's issue.

When ordering, please use this form:—  
Send the following pattern to:

Name.....  
Post Office.....  
County.....  
Province.....  
Number of Pattern.....  
Age (if child or misses' pattern).....  
Measurement—Waist..... Bust.....  
Date of issue in which pattern appeared.....



9440 Coat with Side Plaits 34 to 42 bust. Price 15 cts.



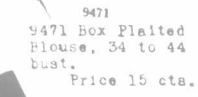
9464 Cape with Vest, one size. Price 15 cts.



9436 Four-Piece Skirt 24 to 32 waist. Price 15 cts.



9471 Box Plaited Blouse, 34 to 44 bust. Price 15 cts.



9432 Tucked Dress, sizes 16 and 18 yrs. Price 15 cts.



9064 Child's Rompers 1, 2 and 4 years. Price 10 cts.



9210 Girl's Belted Dress, 4 to 10 yrs. Price 15 cts.



9466 Tucked Dress, sizes 16 and 18 years. Price 15 cts.



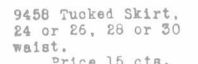
9471A Cape for Misses and Small Women, 16 and 18 years. Price 15 cts.



9398 Fancy Bodice 34 to 42 bust. Price 15 cts.



941b Slip-over Blouse, sizes 16 and 18 years. Price 15 cts.



9458 Tucked Skirt, 24 or 26, 28 or 30 waist. Price 15 cts.



9371 Box Plaited Skirt, sizes 16 and 18 years. Price 15 cts.

## The Ingle Nook.

[Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this Department for answers for questions to appear.]

### A Modern Development.

A few years ago the majority of city people would have been much surprised if anyone had stated authoritatively that "the country" had anything to teach them. Yet such is proving to-day to be the case. The Department of Agriculture is actually sending missionaries to the city—and the city is flocking, with willing ears, to hear. The other day I sat in a large room crowded with city women—who listened quite as interestedly as the audience at a Women's Institute meeting, too. The speaker was a young woman sent out from the agricultural headquarters at Guelph. She talked about canning vegetables and meats in the most approved, because most scientific way. Later will come demonstrators in canning fruit, and lecturers on scientific gardening. The very things, my sisters, that you have long listened to in your Women's Institutes. It seems to me that eventually this is going to be a great bond between city and country, a thing that cannot come too soon, for each has much to give the other; and, anyhow, why should we not all be sisters? Why should there be divisions anywhere?

Why should we not live to pull ourselves and all others up to higher planes?

Below will be found the substance of Miss Powell's demonstration.

JUNIA.

### The Mystery of Canning.

In the demonstration room (a well-lighted room in one of the schools) Miss Powell had ready all the necessary utensils for canning—jars, measures, vessels for washing, a wire basket for dipping, etc., also a supply of asparagus, beans and tomatoes. The blackboard behind the tables was covered with information in regard to important details in regard to canning in general.

As a preliminary she explained that the prime necessity in all canning is absolute sterilization and sealing—the sterilization achieved by such application of heat as will kill all the invisible bacteria, yeasts and other spores on the vegetables or fruit, jars and jar-tops; the sealing accomplished by using new rubber rings, having the jars absolutely filled with the boiling hot ingredients, and screwing or snapping the tops down while everything is still boiling hot.

In course of the demonstration it was shown that some things require longer boiling than others to kill all the germs that might set up ferment activities. Also it was pointed out that dish-cloths, which, even at the cleanest, may harbor some bacteria, should never be used about the jars after they have been sterilized.

Miss Powell gave two methods of canning—the one-day method, requiring

	Time for Blanching	Sterilizing	1-day Method
Asparagus	10 to 15 mins.	30 mins. on 3 days	60 to 90 mins.
Beans	5 to 10 "	30 " 3 "	120 mins.
Corn	10 to 15 "	30 " 3 "	120 "
Peas	5 to 10 "	30 " 3 "	120 "
Tomatoes	5 to 10 "	15 " 3 "	90 "
Beets	3 to 5 "		60 to 75 "
Carrots	3 to 5 "		60 mins.
Spinach, etc.	5 to 10 "		90 "
Cauliflower	5 to 10 "		60 "
Chicken			250 "
Fish			200 "

long boiling while in process, and the intermittent, three-day method. As this last is the most reliable, practically ensuring the killing of all spores, if properly carried out, it is the only one given here.

Roughly the method for all scientific canning consists of the following steps:

1. Have jars sterilized by thorough washing and boiling in clear water, tops and tin rims (the snap-down jars are better) also. Have jars provided with new rubber rings dipped in boiling water before they are put on.
2. While jars are sterilizing prepare fruit or vegetables.
3. If vegetables, blanch by keeping a short time in boiling water to remove the sliminess that may otherwise develop. After blanching, plunge into cold water to restore the crispness. A wire basket will be found useful here.
3. Pack into the jars and place in boiler, which should be provided with a rack to prevent jars from knocking.
4. Fill jars with syrup, or with water, as required. It is usually recommended that the water shall have been boiled.
5. Pour water into the boiler until it almost reaches the tops of the jars upon which the covers have been placed loosely. Put on cover of boiler. Let water come to a boil and boil the required length of time.
6. Tighten tops of jars and remove from the boiler, putting jars upside down.
7. Next day loosen tops and repeat the whole boiling process.
8. Third day loosen tops again, and repeat. Finally, when jars are cool put them away in a cool, dry, dark storing-place. If any of jars seem shrunken in contents it may be necessary to fill with boiling water, or from the contents of one of the jars before the final sealing.

In preparing the asparagus, Miss Powell cut the sprouts into even suitable lengths. The next point was to blanch them 5 to 10 minutes in boiling water. They were then lifted out, still in the wire basket, and given a cold dip, then they were packed neatly in the jars, and the jars filled with boiled water and put to boil.

The cauliflower was placed head down in water to which a little vinegar and salt were added, to remove all slugs and other insect life. The heads were then broken in pieces of convenient size, and blanched

5 to 10 minutes, then packed in jars, the jars were filled with boiled water and the boiling finished as above.

Miss Powell's method for peas was as follows: Wash before podding. Pod and blanch 5 to 10 minutes. Give cold plunge. To 10 cups peas allow scant  $\frac{1}{4}$  cup salt and  $\frac{1}{2}$  cup sugar. Cover with boiling water and boil 20 to 30 minutes. Before removing add 1 tablespoon lemon juice to each jar.

Beans.—String well and sort in even lengths or break in pieces. Blanch 5 to 10 minutes, and proceed exactly as for peas. Both peas and beans may be packed in the jars before boiling, the jars being filled with boiled water, or they may be first cooked in a kettle and then packed in jars.

Tomatoes.—May be stewed and put in jars, or may be placed in jars cut in two, without being peeled. When cooking anything in a kettle a few marbles placed in bottom will roll about and help to prevent burning. Tomatoes present very little difficulty in canning, as they keep well with half a chance. The one-day method is sufficient, if jars and fruit are both sufficiently sterilized. A little salt may be added.

Paraffined Tomatoes.—Whole, sound, ripe tomatoes may be kept two months fit for slicing by dipping them in melted paraffine. If any spot is uncovered it must be covered by more paraffine applied with a brush. Pack in a crock and keep in a cool, dry place. Miss Powell advised that the tomatoes for this be prepared not later than the third week in September.

The following table was on the blackboard, and may be found useful:

It will be noticed that only the one-day method is given, in this table, for beets, carrots, spinach, etc., but if one is nervous about the keeping qualities, one can use the intermittent, 3-day method, with about half an hour's boiling each day, more in the case of chicken and fish; 90 minutes is given as the length of time for boiling tomatoes for the one-day method. Most people, however, find half an hour sufficient unless they are done whole.

"Junia" would be very pleased to hear from anyone who has had successful experience in drying vegetables.

By the way, bulletins on canning may be obtained from the District Agricultural Representative in your district. These have been prepared by the Government, at considerable expense, for your use. You will do well to avail yourself of them.

### Salmon—Mustard.

Dear Junia.—Still another coming for your kind help. Please tell me can I can salmon at home for home use, and how will gem jars do? Is it only ripe tomatoes that are canned? And how is the "made mustard" made? I have seen recipes that called for "made" and "French" mustard, but never knew what ingredients were in them.

New Glasgow, N.S. Mrs. W. H. M.

If you follow the directions given above for canning, exactly, you can do fish in this way at home. But remember; sterilization and sealing must be perfect. Skin the fish by slipping a knife under the skin, and remove the bones, then pack in solidly and use enough salted water to fill up completely. See directions above for time of boiling. I have heard that meat and fish may be fried and kept in crocks completely covered with melted lard, the lard to be melted off before using. It seems to me this is a somewhat greasy method but some might like it.

I have never heard of canning green tomatoes—they are made into pickles—but, of course, you may can them if you choose.

French Mustard.—Beat together 1 egg, 1 teaspoon sugar, 1 teaspoon mustard,  $\frac{1}{2}$  teaspoon flour. When creamy add 1 tablespoon vinegar, put on the stove and stir until it thickens.

"Made" Mustard.—Beat well together