

## Helpful Hints For Housekeepers

### SUMMER SALADS.

**Lettuce Salad.**  
Separate the leaves of two French lettuces; wash, drain and shake in a clean cloth, then leave them to dry for quite two hours; in France a salad basket made of wire is always used for this purpose, and these can now be bought in England, but failing that, place the lettuce in a large sieve or on a cloth till dry. Break the leaves across, but do not shred them with a knife, rub the salad bowl with a cut bead of garlic, add the lettuce and dress in the following way: Into a tablespoon put a salt-spoonful of salt and half one of pepper, fill the spoon with a good salad oil and mix well with a fork, pour in the bowl, and another tablespoonful of oil, then in the same spoon put a salt-spoonful of made mustard and half a teaspoonful of castor sugar, fill with vinegar, mix well and pour on the salad, then toss and turn this thoroughly for quite a minute. If the lettuce are large, use more dressing in the same proportions; it is a good plan to mix the salad in a large pastry basin and then place neatly in a clean salad bowl or glass dish.

### French Salad.

Prepare two French lettuces as in the preceding recipe. Cut a thin slice from an onion (not the "spring" kind) and chop it to a pulp; add to it three times its quantity of chopped parsley. Have ready a cup of egg hard-boiled, cut this up roughly and mix all the ingredients in a large bowl, then pour over the simple oil and vinegar dressing described for Lettuce Salad and toss and turn till thoroughly blended; the yolk of the egg mixes with the oil and vinegar and forms a very delicious dressing. Fill up in a glass dish or bowl and serve; no lettuce salad should be mixed with a dressing until actually required.

### Cucumber Salad.

The secret of this recipe is to make it several hours before required, the prolonged soaking greatly improving it.  
Cut up a cucumber into slices no thicker than thin paper, add one or two spring onions very finely sliced and place all in a glass dish. Take three tablespoonfuls each of oil and vinegar and place in a dash of cayenne, a salt-spoonful of mustard and a teaspoonful of castor sugar, stir rapidly with a spoon for a minute and then pour over the cucumber; mix well and allow to stand covered until required.

### Salad Dressing.

Sometimes a more elaborate dressing than oil and vinegar is preferred; the following is simple and will keep. Rub the yolk of a hard-boiled egg through a sieve, place in a basin and add gradually two tablespoonfuls of salad oil, two of vinegar, and two of cream; mix thoroughly and season to taste with salt, pepper, mustard and sugar. The dressing should be as thick as cream. Use the white of egg as a garnish.  
**Junket.**  
Crush one junket tablet (to be had from the grocer or druggist) and dissolve in one tablespoon of cold water. Heat two cups of milk to make it just lukewarm, add one-third cup sugar, one-eighth teaspoon

salt, one teaspoon vanilla; and the dissolved junket tablet. Mix well, turn into a dish and let stand in a warm place until set, then chill.—Miss D., Newfoundland.

### Strawberry Charlotte.

Make a boiled custard of one quart of milk, yolks of six eggs, and three-quarters of a cup of sugar, flavored to taste. Line a glass dish with slices of sponge cake dipped in sweet cream, lay on them ripe strawberries as before. When the custard is cold, pour over the whole. Then beat the whites of the eggs to a stiff froth, add a little sugar, and put over the top. Decorate with some ripe berries.—Mrs. D., Sask.

### A Summer Soup.

Thick Potato Soup—First cut up in small pieces three thin slices of bacon, slice very fine one medium sized onion and cook in the bacon fat. Do not let it brown very much. Pare and cut up into dice four or five medium sized potatoes, and place the bacon together with the onion and fat and the potatoes in a kettle and add one quart of boiling water. Let this cook very gently until the potato is thoroughly done. Add a pint of milk. Cream together two level tablespoonfuls of butter and two level tablespoonfuls of flour and add to the kettle of soup. This will make the contents of the kettle rich and creamy. Served with well-buttered croutons, and sprinkle with

otherwise a sheer waste, may be left in brine until wanted, soaked fresh, and preserved with 18 pounds of sugar, six lemons, and a little less than a half ounce of race ginger well bruised.

## Specials

Best Peas..... 3 for 25c  
Best Corn..... 3 for 25c  
Best Tomatoes..... 10c can  
Choice California Ripe  
Olives only..... 15c tin

**T.E. Ryerson & Co.**  
20 Market St.  
PHONE 820

It will yield ten quarts of citron to rejoice an epicure. The whole cost, outside of time and trouble, is scarcely more than a dollar.

Preserves of this sort require no sealing, not even with paraffine. Glass jars keep them excellently, but they can be kept equally well in crocks or any vessel that is deep, sound, and well glazed. Thus the expense of cans is made optional—a saving not to be despised. Glass jars which are not self-sealing, saved from things bought in them, are useful and cost nothing. Such a jar, filled two seasons ago with these rich preserves, is as sound as ever, the only change being a slight graining of the sirup around the edges. Any sort of sound fruit—peaches, pears, quinces, grapes, crab apples, the whole tribe of plums and all manner of berries, make excellent preserves. In the making, the oven is a great help. Put your kettle inside it at half heat, with a grate or trivet underneath, so that there shall be no scorching or boiling over. Close the door and let the fruit cook slowly and thoroughly until it is sugared through and through and the sirup is rich and thick.

**Keeping Vegetables Hot.**  
A simple way of keeping potatoes hot, when the dinner is delayed, is to drain them, cover the pot tightly, wrap it in newspapers and set it in a moderately cool oven. The potatoes will keep steaming hot for an hour or longer. Other vegetables can be treated in the same way successfully.

**Make Corks Fit.**  
To make sure that a bottle or jar will be corked tight boil the cork until thoroughly softened and while it is still hot press it firmly into the bottle. When cold the bottle will be firmly sealed.

**To Rid a Room of Flies.**  
Put a few pieces of charcoal on a shovel and light it; let it burn till red, then pour over it a few drops of carbolic acid. Wave this around the room a few times and see the flies disappear instantly.

## Really Fresh Fruits and Vegetables

Cherries  
Strawberries  
Watermelons  
Muskmelons  
Lettuce, Radishes  
Onions  
String Beans  
Butter Beans

**WM. SMITH**  
The New Fruit Store  
48 MARKET STREET

**Old-Fashioned Preserves.**  
Progress may snap its fingers at the old-time way of making fruit preserves, but there is yet to be found the man, woman or child who does not like them, especially if they are made, as they should be, with three liberal pounds of sugar to two pounds of fruit, with extra savourings of mace, ginger, lemon peel, or lemon juice. So to the housekeeper who is not dismayed by the advanced price of sugar the following directions will be useful: Materials need not be costly. From a peck of green tomatoes, costing about 20 or 30 cents, may be made a gallon of delicious conserve, using eight pounds of sugar, two lemons, and a little ginger for flavoring. The sirup is like honey in color and consistency, in flavor, like nothing but itself. Preparation and cooking take about four hours, as the cooking must be slow enough to avoid scorching. The rinds of two watermelons, oth-

## Rubber Fruit Rings

Pints, Black Rubber .5c doz.  
Pints, Red, extra heavy ..... 10c doz.  
Quarts, Black ..... 5c doz.  
Red, heavy ..... 10c doz.

**Cecil A. C. CAMERON**  
DRUGGIST  
203 COLBORNE STREET  
PHONE 242  
Opposite Market

## Housewives' Fruit Buying Chart

Nearly every good housewife knows almost as well as the gardener who raises the fruits, just at what time the different fruits are to come to the local market, and many of these same housekeepers know also the best varieties for eating and preserving. In publishing this chart The Courier has in view the young housewife who heretofore had many other things to think of, and now finds herself faced with the problem of making her first selection of preserving fruits for the coming winter. The list here compiled was prepared under the advice of the Niagara Peninsula Publicity Association, and the fruits specified were selected entirely on their merits as shown. During the ensuing season The Courier will run, once a week, many recipes which will undoubtedly be of much benefit. Watch for this page. Cut out this chart and keep it where you can refer to it.

Name of Fruit	Variety Name	Eating Qualities	Preserving Qualities	Sugar High Content or Low	Keeping Qualities	Date When Best
Strawberry	Williams	Fair	Excellent	Medium	Excellent	Last week in June and July 1st
Cherries	Ox-Heart	Excellent	Excellent	High	Fair	July 1 to last. Ripe a month.
Cherries	Montmorency	Fair	The preserving cherry	Medium	Good	Mid July
Raspberries	Cuthbert	Excellent	Excellent	High	Good	Late July
Blackberries	Thimble Berries	Fair	The Best	Medium	Fair	Mid to late Aug.
Plums	Niagara	Excellent	Excellent	High	Good	Mid to late Aug.
Plums	Rain Claude	Excellent	Excellent	High	Good	Sept. to first Oct.
Plums	Prairie	Good	Good	High (very)	Good	Late Sept. to first Oct.
Plums	Late Blues	Fair	Good	High	Good	Early Sept.
Peaches	St. Johns	Excellent	Excellent	High	Good	Late Sept. a week later than Early Crawford.
Peaches	Crawfords	Excellent	The Best	High	The Best	Early Sept. a week later than Early Crawford.
Peaches	Elbertas	Fair	The Best	High	Good	Early Sept. a week later than Early Crawford.
Peaches	Smocks	Fair	The Best	High	Good	Early Sept. a week later than Early Crawford.
Grapes	Early Blues	Fair	No Good	Low	Fair	Mid. Sept. to Oct.
Grapes	Niagara	Good	Jelly	High	Good	Mid. Sept. to Oct.
Grapes	Rogers	Excellent	Jelly, also wine and grape juice.	High (very)	Good	First Sept. to middle.
Grapes	Concord	Excellent	Jelly, also wine and grape juice.	High	Good	Mid. Sept. to Oct.

## Details of Scheme For Standardized Ship-Building

Several Large Companies Are Stockholders in the New Organization.

By Special Wire to the Courier.  
London, June 29.—Details of the scheme for the building of standardized ships at Chepstow are announced. The enterprise will have an initial capital of £10,000 sterling, which has already been subscribed. The stockholders are all large ship-building companies, including the Peninsular and Oriental; the New Zealand shipping company, the Orient Steam Navigation, the Furness Withy, the Shire Line and Federal Steam Navigation Company. No public issue of stock is contemplated. The head of the enterprise is James Caird, president of Turnbull, Martin and Company, and director in numerous shipping and allied companies. A site has been obtained on the River Wye, and the plans provide for a plant capable of building ten large ships at the same time, all of the standard type of 8,500 tons. All the parts of the hulls and engines will be standardized.

## PREMIER OF ITALY ASKS FOR CREDITS TO END OF YEAR

Made Fine Speech Extolling the Merits of Victor Emmanuel.

**APPEAL FOR NATIONAL UNITY**  
Aim of Cabinet Was to Bring War to a Successful Issue.

By Special Wire to the Courier.  
Rome, June 28.—Via Paris, June 29.—Premier Boselli to-day asked the chamber of deputies to vote provisional credits until December 31. Signor Boselli in his address said that the aim of the cabinet was chiefly to bring a happy issue to the great enterprise which would give the nation the right of civilization.  
"To this object," said the premier, "we shall continue daily to work with our allies until there is a definite triumph, resolutely following the course of policy which several times has been approved by a large majority of the parliament and the country. We shall work strenuously to strengthen and co-ordinate the military operations on the various European fronts. We have a perfect understanding with our allies with regard to their action for economic defence against our enemies."  
Signor Boselli made a strong appeal for national accord until the war is over. In outlining the programme of the cabinet, the premier spoke of King Victor Emmanuel, who he said, was among his fighters, disdaining every danger and boldly rehearsing the traditional bravery of his house. He ended by referring to the "noble deeds of the enemy," alluding to the aerial bombardment of Italian towns, notably Venice. The premier sent greetings to the Italian soldiers and sailors, praising them for the reconquering of Italian territory.

## THE TAGEBLATT BROKE POLITICAL TRUCE IN GERMANY

Criticized Certain Organizations Behind the Annexation Movement.

By Special Wire to the Courier.  
Berlin, June 23.—Via London, June 29.—The suppression of the Tageblatt, one of Berlin's leading newspapers by order of the military commander, yesterday, was due to an article printed Monday discussing the demand for the publication of a memorial of six associations representing big business and agricultural institutions for sweeping annexations, which it declared was inspired by selfish interests because a continuance of the war was profitable for the members of the association. The newspaper thereby gave currency to a charge for which it had earlier rebuked the Socialists for advancing in the Reichstag.

As the Deutsche Tages-Zeitung and other organs advocating annexation had been repeatedly punished for breaking the political truce in the other direction, the authorities found it necessary to apply the same treatment to the Tageblatt.  
The suppression of the newspaper probably will continue for several days. The memorial in question was presented to the chancellor a year ago. One provincial paper then succeeded in publishing it.  
**PERMANENT MUSCULAR STRENGTH**  
Young men giving attention to muscular development should eat this in mind. Dr. K. Kellogg's cereal gives blood strength and builds up the whole system.

## DR. LIEBKNECHT IS STILL MEMBER OF REICHSTAG

Status as Legislator Not Affected by Court Sentence.

By Special Wire to the Courier.  
Berlin, June 29, via London 12.25 p.m.—Dr. Karl Liebknecht's conviction, which provides for an appeal, automatically debars him as a lawyer, and makes him ineligible to hold public office. It does not, however, affect his position as a member of the Prussian diet and the Reichstag, since these offices are held as a result of election by the people and not by government appointment. His status as a legislator is unaffected as the court refrained from revoking his civil rights.

## TEM NEW SERVICE TO ALGONQUIN PARK

Commencing June 24th, the Grand Trunk Railway will operate through sleeping cars to Algonquin Park, leaving Toronto 2.05 a.m. daily except Sundays, arriving Algonquin Park 10.23 a.m., Madawaska 11.45 a.m. Effective June 26th, returning leave Madawaska 4.25 p.m., Algonquin Park 5.55 p.m., daily except Sunday, arriving Toronto 7.30 a.m. Parlor buffet car service effective June 24th, leaving Toronto 1.30 p.m., arrive Algonquin Park 9.30 p.m., Madawaska 11.00 p.m. Effective June 26th, returning leave Madawaska 5.10 a.m., Algonquin Park 6.40 a.m., arriving Toronto 2.55 p.m., daily except Sunday.  
For further particulars, reservations, etc., phone 88, or call on T. J. Nelson, City Ticket Office, 153 Colborne street.

## QUADRUPEL GIRLS ALIVE.

Born Over a Year Ago to Oklahoma Couple.  
The only living quadruplet girls in the world are the daughters of Mrs. F. M. Keys, of Hollis, Okla. They were born June 4, 1915. The current number of the Journal of the Oklahoma State Medical Association, published the following data about the quadruplets:  
At birth the infants weighed 3 1/4, 4 1/4, and 4 1/4 pounds, respectively. Seven months after birth the lightest weighed 14 1/2 pounds and the heaviest 16 pounds. The mother is described as a strong woman, weighing about 150 pounds. She is 35 years old.

## ARRIVED AT PORT MAHON.

By Special Wire to the Courier.  
Palma, Majorca, June 29.—Twenty-five men of the crew of the Steamer Fino, of Genoa, which was shelled and sunk by a submarine on Tuesday, have arrived at Port Mahon, Minorca, in the ship's boats.

## Monthly Meeting of Leper Mission

The regular monthly meeting of the Mission to Lepers, was held in the club room of the Y. W. C. A. Tuesday afternoon at 3 o'clock, with an attendance of 26 ladies.  
A very interesting programme was listened to and enjoyed by all present. Mrs. H. B. Gardiner gave a very helpful bible reading on Prayer, followed by a prayer by Miss Marquis. Mrs. R. Greenwood rendered a vocal solo very acceptably. Mrs. R. Reid then read an interesting article on leper work in New Brunswick. Little Miss Reid recited two selections, which all present enjoyed very much. The offering amounted to \$2.75. Mrs. R. Reid very kindly offered her home on Arthur street for the next meeting, the fourth Tuesday in July. The society invite all the ladies interested in this mission to be present on that date.

## KEEP OPEN THE FIELD KITCHENS

Berlin Poor Require Help in Summer as Well as in Winter.

By Special Wire to the Courier.  
The Hague, via London, June 29.—The municipality of Berlin has decided to keep open indefinitely the municipal poor kitchens, which in previous years were open only during the winter months, closing at the end of March. This year the closing has been postponed month after month under pressure of the needs of the poor people, and it has now been finally decided to keep the kitchens open for an indefinite period. The Verwaerts says the kitchens are crowded as in mid-winter, and that there are many complaints regarding the insufficiency of the rations served.

## Canadian Guilty

Captain Thomson Convicted of Breaking U. S. Neutrality Laws.

By Special Wire to the Courier.  
New York, June 29.—An Associated Press despatch from Seattle, Wash., says  
Captain H. J. Thomson, of the Canadian army, was found guilty by a jury in the United States District Court yesterday of violating the United States neutrality laws by enlisting men here for the Canadian army. Captain Thomson was released on bond pending sentence.

## Children Cry FOR FLETCHER'S CASTORIA

## VICTIMS OF NAVAL BATTLE DRIFTING TO NORWAY'S SHORE

Neutral Powers Think Many Might Have Been Saved After the Battle.

By Special Wire to the Courier.  
Christiania, June 28, via London, June 29.—The fact that so many bodies of British and German sailors daily are being brought ashore on the southern coast of Norway with lifebelts securely fastened about them, suggests that they are victims of the Jutland battle and that the men drifted for many hours before succumbing to cold and exhaustion. The papers, therefore, are urging that neutral powers be notified after a naval battle so that they may be able to send out boats to search for survivors.  
Daily funerals of unidentified German and British men of war's men are attended by great crowds who strew the graves with flowers.

## YOUNG MAN KILLED.

Garfield Berry Meets with Terrible Death at Erin.

Orangeville, June 29.—On Monday afternoon about 2 o'clock Garfield Berry, a young unmarried man of Erin, about thirty years of age, met his death in a horrible manner in the great plant of the Rock and Sand Company on the outskirts of the village.

Berry, who was adjusting a belt on a wheel on the feeder, was, in some way caught in the pulley and whirled around with great force. When the workmen stopped the machinery Berry, who was unconscious, was found to have sustained terrible injuries; his left arm and leg being torn off, the abdomen ripped open and his face bruised. The victim lived an hour after the accident.

Dr. McKinnon, Coroner of Guelph, opened an inquest last night, which was adjourned a week. The funeral takes place on Wednesday.

## THURSDAY, JUNE 29TH.

and succeeding day have been set apart for the collection of papers, magazines and rubber for the Red Cross. The bundles not exceeding 25 pounds and a committee of Women's Patriotic League will call for them.

Procure your week-end drug wants Friday. Store open until 11 p.m. Also Saturday till noon. Brander's Drug Store.  
Representative John C. McKenzie, of Illinois, declared that the 1,077 machine guns possessed by our army was "a pitifully inadequate number." "Let us develop those firms taken on the holidays." Satisfaction guaranteed. Brander's Drug Store.

# Krumbles

The New Whole Wheat Food with the Delicious Flavor originated by the Kellogg Toasted Corn Flake Co.

THE youngsters of today are far luckier than father and mother when they were young. For breakfast it used to be mush and milk and then milk and mush. Today the youngsters ask for KRUMBLES—and get it, too.

This new whole Wheat food with its delicious flavor is just what active minds and bodies need—rich in protein, the food that builds brain and muscle—rich in starch, the great energy-food—rich in phosphates and mineral salts—rich in bran, with its valuable laxative properties. All the wheat, cooked, "krumbled," and delicately toasted by the Kellogg special process that brings out the full, rich flavor of the wheat.

Made in Toronto, Canada. In the WAXTITE package—10c. Look for this signature.

*W.K. Kellogg*



Children like Krumbles and it builds them up



W. K. KELLOGG CEREAL CO., Toronto.

## Sale

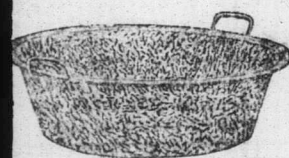
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omises even greater. Never again—so save—

You Can 9 o'Clock

Afford to s as These

and Monday Dish Pans 5c



rey Granite 5c

That the rush of two weeks ago will be repeated goes without saying—as this is a bargain worth while—and when this lot is exhausted it is hardly likely we can secure more at the price. One to a customer only.

Tea and Coffee Caddies  
Japanned in red, green or blue.  
Large size .15c  
Small Size 8c

granite Double Boilers  
useful and almost necessary article in every kitchen.  
SALE PRICE 49c

Down Stairs Store

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RPRISE YOU IN itewear

yle, with yoke of BIG VALUE... 65c  
did quality cotton, 53c  
All sizes, good pat- 21c  
er style, face trimmed, all 44c  
—Second Floor

es \$1.95  
d Colors, made of fine number of attractive all grouped \$1.95