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Uses of Waste Apples.

In these days when the world faces an increasingly serious food shortage it is unwise to overlook and resources that will add good nourishing food to the depleted supply. In many countries that percentage of cull or cider apples runs fully one-third of the total, and it is frequently estimated that hundreds of tons of such apples are wasted each year.

While a portion of the larger culls may be evaporated to excellent advantage, the most practical way of diverting this enormous waste into good food is by pressing. Practically all the valuable and nutritive elements of fruits are contained in the juice. The other part consists largely of cellular tissue and is of little value except to retain the juice, which in ripe apples runs as high as ninety per cent.

A modern hydraulic cider-press will extract an average of a little more than four gallons of cider from each bushel of ordinary culls. This juice is readily converted into a variety of food products that are not only appetizing and nourishing, but most of them are in concentrated form convenient to market and easy to preserve. Cider vinegar, boiled cider, apple syrup, apple jelly, apple butter and pasteurized cider are all in active demand and can be sold at a better net profit than is usually obtained from the apples in a fresh condition.

Even the pomace need not be wasted. It is being used extensively as feed for dairy and beef cattle, and for hogs and sheep. Many pronounce it equal to ordinary corn silage. Pomace also has a distinct value as jelly stock because of its pectin content which is not impaired by drying. Frequently the pomace is pressed a second time, the resulting juice being used for making vinegar or jelly.

A Temperance Health Drink

Pasteurized cider is highly recommended as a temperance drink by eminent physicians and scientists. It is a tonic as well as a nutrient, containing natural salts and acids of special value in the correcting of stomach complaints and liver and kidney trouble, and can readily be made available as a delightful home beverage the year around. Chemical preservatives should be avoided, but pasteurizing to 100 degrees for two hours and sealing tight is effective.

One of the staple food products from waste apples that is in universal demand is cider vinegar. Pure cider vinegar commands a premium on the market.

In the process of transforming cider into vinegar, two distinct fermentations take place. First is the alcoholic fermentation which is the changing of the sugar of the cider into alcohol, caused by the action of certain natural yeast bacteria. Second is the acetic fermentation by which the alcohol thus formed is changed to vinegar acid or acetic acid. The alcoholic fermentation may be accelerated by the addition of yeast, using a cake to each five gallons, dissolved in warm water before adding. The acetic fermentation is also aided by the addition of good vinegar containing some mother of vinegar.

It is important to allow plenty of room for air in the barrel during all stages of fermentation and also to maintain the temperature between 60 and 80 degrees. Care should be taken not to start the second fermentation until all the sugar in the cider is changed into alcohol, otherwise the change to vinegar will be retarded.

There exists in this country a potential market for boiled cider that would consume ten times the amount now produced if the product could only be obtained. Boiled cider is the fresh juice concentrated by evaporation in the ratio of five gallons reduced to one. In this form it will remain in a perfect state of preservation for years. It is dark brown in color and of a syrupy consistency. It has an extensive use, both commercially and in the kitchen, being especially desirable for making mince-meat and apple butter, as well as having a multitude of other culinary uses.

By continuing the evaporating process until the cider is reduced to the ratio of seven to one the product becomes jelly.

A Home-Made Sugar Substitute

Sugar and sugar products are scarce and high these war times, and a practical use of the generous sugar content of apples is therefore especially acceptable. An extensive series of experiments by the U. S. Department of Agriculture resulted in the development of a method of making apple table syrup which produces an attractive article of very fine flavor.

The process is as follows: Stir into seven gallons of sweet cider five ounces of powdered calcium carbonate—a harmless, low-priced chemical—and boil in a large kettle five minutes. If a large vessel is not available the cider may be boiled in batches. After boiling, pour the cider into glass jars, and allow it to settle until perfectly clear, which requires about seven hours. Return the clear liquid to the preserving kettle, being careful not to pour off any of the sediment. Fill the vessel only about half full, as it foams up when boiling. Add a level teaspoonful of the calcium carbonate for the seven gallons of liquid and boil rapidly until a temperature of 220 degrees is reached, or until it is about one-seventh of the original volume and the consistency of maple syrup when cooled rapidly and poured from a spoon.

To insure clear syrup the cooling must be done slowly. A good way is to set the jars of syrup in a wash-boiler of hot water and allow the whole to cool. Use this syrup like any other table syrup, and as a flavoring adjunct. Also as sauce for puddings and for making brown bread, fruit cake, candy, etc.

Hints to Housewives.

You can keep the print, percale or gingham house dresses looking like new if you add a teaspoonful of turpentine to the rinsing water.

There is nothing better for removing spots from a rug than the use of ammonia.

Left-over vegetables are good used for vegetable soup.

Excellent polishing cloths are made from old velvet.

There is more heat in hickory wood than in any other kind.

To fry fish properly they should be put into boiling fat.

Skimmed milk and corn bread and butter are a nourishing lunch.

A weak solution of chloride of lime will remove peach stains.

If pantry shelves are painted white they will be easily kept clean, and will look attractive.

The bone should be left in the roast; it will keep the juices in and add flavor and sweetness.

Those who are prone to neuralgia and rheumatism will find relief by adding a little oil of turpentine to the warm bath.

Pepper should be used in dishes of vegetables, cheese, eggs, fish or meat, but paprika is probably preferable with cheese.

Use meat one day and the gravy or soup the next. A good gravy, with mashed potatoes or boiled rice, will take the place of meat admirably.

A cream sauce, made of a pint of milk, spoonful butter, table-spoonful flour, well cooked, seasoned with salt and spoonful of onion juice, and poured over a platter of dry toast, is a tasty supper dish.

Serve left-over vegetables au gratin in ramakins covered with white sauce, sprinkled with cheese and browned in the oven.

When making cocoa, butter the inside of the double boiler to prevent the cocoa from sticking to the kettle.

Clean the saucepan which has had melted paraffin in it by filling the pan with hot water. Then allow the water to cool. The paraffin will form a thin sheet on top of the water and is easily lifted off.

Make home-made candy of the children's favorite kind, to take along when you are going to the country fair, so they will not be tempted by the colored candies, pink lemonade, ice-cream cones, etc., of doubtful makeup, sold by the fakery.

To make vinegar: Save the fruit parings, boil them in just enough water to cover them, strain, and set away to ferment, adding to them a piece of vinegar "mother," or vinegar plant which you can get from a grocer. Add the raisings from fruit jars to this and you will soon be well supplied with vinegar.

The Double-Walled Secret

By Edwin Baird

CHAPTER III.

In period of his life. The lights came on, the couch was lowered; but his struggle, though furious, was of brief duration, for the strip of cloth which held his broken arm in place became undone and the red-hot pain left him gasping, powerless, white to the lips.

Again Stryker gave a low word of command and again the couch was lifted. The torturing stabs of pain wrung a groan from Kecey and he ground his teeth, trembling with rage. He judged they had reached the hall when he heard a fleet step on the stairway, and then the girl's voice—

"Father! Stop! He doesn't know—he never saw—"

"Stand aside, Bonnie," he heard her father say.

Evidently she had thrown herself in his path, and Kecey knew she was holding her ground when the couch came to a standstill.

"Father, you must listen! I tell you, he saw nothing—nothing!"

There was an agonizing pause. Kecey could hear the girl whispering and now and again he caught a mumbled word from her father. They stood only a short distance from him, but he could make nothing of what they said. Presently he heard Stryker say:

"Take him back."

He was carried back to the room, but the rope was not removed from his ankles and the man with the dead white face stood guard at his head until Stryker came in and dismissed him.

Only by a supreme effort did Kecey refrain from voicing the outburst that clamored in his mind for utterance. Stryker drew up a chair and attended the grievously used arm before speaking.

"My daughter," he said, "has saved you. Do you feel strong enough to go home alone?"

Kecey nodded. He could not yet trust himself to speak.

"I don't know who you are," went on the white-haired man, "but I do know you are not a jail-bird, and I suspect that you belong to that organization society upon which your rotten civilization is falsely based. Assuming this, I can not rely upon any promises you may make."

"You can be assured," said Kecey, as evenly as he could, "that I shall say nothing about my experiences in this house—if that is what you mean."

"That's what I mean," replied Stryker, in his low voice. "But I don't trust you. I trust no man. And so," taking a white silk scarf from his coat, "I must ask that you wear this."

As he spoke he folded the scarf, then slipped it over Kecey's eyes, and knotted it securely behind his head.

Kecey's first impulse was to tear the thing off, but he knew the futility of offering resistance, and submitted as passively as his flaming anger allowed.

Blindfolded, he was led from the house to an automobile churning near the door. Stryker assisted him into the tonneau, stepped in after him and the machine started. The first part of their journey was over uneven ground and the car traveled slowly, but after a while they emerged upon a smooth road and Kecey knew from the way the air whipped his face, that the driver of the automobile had thrown the speed to "high." They had gone upward of fifteen miles, he surmised, before the car came suddenly to a stop.

He was guided to the ground, then to a wooden platform. He knew Stryker stood beside him when—

"If you will give me your address, Mr. Kecey, I will see that your monoplane is returned to you."

An unreasoning impulse, born of his wrath, prompted Kecey to say: "Never mind! Keep it. Perhaps it will pay you for your services."

He had no way of knowing the effect of his words, for he was answered only by silence. After a while he heard the shriek of a train in the distance and in a few minutes it came to a grinding halt at the platform. The scarf was taken from his eyes and he was lifted to the steps of one of the coaches.

When he looked back he saw the hard, white eyes of the auto gleaming athwart a small railway station. And then the train moved on into the warm, black night.

He sank into a seat near the door, with the feeling of one awakening from an unpleasant dream. The motion of the train, the travelers around him, the train crew, all afforded him a positive relief. They were actual, while the recent events seemed very unreal.

He paid his fare in cash, exchanged a commonplace or two with the conductor, and inquired as to the time they would reach Lake Forest. He was conscious of no curiosity to know the name of the station where he had boarded the train. He desired only to forget his fantastic adventure as speedily as possible. He alighted at Lake Forest, assisted by a brakeman, called up his father's garage and, half an hour later, was rolling home ward in the family Emousine.

CHAPTER IV.

"I Owe My Life to You"

Although he felt in no wise bound to silence, he slurred over his mishap as briefly as he could (still with the idea of sealing the adventure), and it is quite likely that he soon would have come to regard the thing as a vague and disagreeable memory had it not been for a peculiar incident in which he chanced to participate. It happened late one afternoon, about a fortnight afterward, just as he left the University Club and was starting for the Whitestone Hotel to keep a dinner engagement. His motor was held up at the Michigan avenue intersection and he noticed that a crowd

had collected on the corner. In the next few moments he witnessed something that caused him to detain his chauffeur, as the traffic moved on, and then spring to the ground.

A policeman had arrested a ragged wretch, charged with soliciting alms, and a pretty-haired girl (he knew her instantly) and was interceding in the beggar's behalf. The officer addressed her with the insolence of his kind before a crowd.

"So you're his pal—ha? Well, we'll have to take you along, too." He chuckled thickly and laid hold of her arm.

Infuriated, the girl jerked free and struck him sharply across the face with her silver-mesh purse. It was then that Kecey leaped from his motor. When he elbowed his way to her she was struggling and fighting hopelessly, yet her captor had a double handful. The beggar took his advantage and his departure with no waste of time. The crowd drew in closer, enjoying the scene hugely.

It so happened that the policeman knew Kecey very well and the latter had little trouble in gaining the girl's liberty.

"Come!" he beseeched her, and took her arm, for she showed no inclination to leave. She looked up at him mutely, then back to the policeman, who was glancing about furtively for the fleeing beggar. Her face was white and her breath came pantingly, like the breath of a runner whose strength is spent. "Those in the front circle of the crowd gaped at her; those behind craned their necks to see. 'Come, Miss Stryker,' urged Kecey, speaking in a low voice close to her ear, 'you must let me get you out of this.'"

She signified her willingness, and the crowd parted for them, still staring curiously. At his behest she got into his car. Not until they were flowing southward in the avenue's gasoline river did she speak.

"I shouldn't have done that," she murmured, as though thinking aloud. "I shouldn't have done it." Then, suddenly, she began to cry.

Kecey had an odd, uncomfortable sense of shame. Nothing embarrassed him so much as the sight of a woman crying. He caught himself casting side-long glances at the occupants of the automobiles whizzing past. He wondered how many of his friends had seen him. This further annoyed him. And then, as he realized that he was ashamed of being seen with this girl who undoubtedly had saved his life, he felt contemptibly mean and small.

In an awkward, blundering way he tried to solace her. She bowed her head lower and dried her eyes surreptitiously. But he was not looking at her—had not looked at her. Presently he heard her say: "If you will tell your man to stop—I think I'd like to get out."

The car swung in toward the curb and stopped in front of the Whitestone. She stood up; but he sat nearest the sidewalk and barred her way.

(To be continued.)

REPRISALS BY BRITAIN NEAR

Germany Interposes Obstacle to Exchange of Prisoners.

The German Government has communicated to the British Government through Holland its decision not to ratify the Anglo-German agreement for an exchange of prisoners unless guarantees are given against the deportation and internment of Germans in China. The British Government has informed Germany that it cannot concede this point, but is prepared to ratify the agreement subject to the withdrawal of this condition, says a London despatch.

Great Britain is determined to take drastic steps to end the maltreatment of British war prisoners, and accordingly has demanded that Germany redress the grievances forthwith. Unless these requirements are accepted within four weeks the British Government will take, in concert with the allied Governments, such measures of reprisal deemed necessary to compel the German Government to treat prisoners of war in accordance with the rules of international law.

Steps are also being taken to obtain better treatment of prisoners in Turkish hands. Gen. Allenby has been instructed in the event of an armistice with Turkey that the immediate and unconditional return of British prisoners would be required.

Use the left over meat.

Even the smallest portions can be made into appetizing dishes when combined with a small quantity of

BOVRIL

FOOD AND THE WAR

Vastly Important Factor in the Fortunes of the Allies.

Since the war began we have learned to understand the importance of the food problem, but even now few realize the extraordinary good fortune which the Entente nations have enjoyed, and how completely this good fortune has upset the calculations of the enemy. There is no room for doubt that Germany based her expectations of winning the war, after her first repulse, upon her assumed ability to starve the British people into acquiescence with her demands whilst maintaining her own productive power. She assumed that Great Britain was vulnerable in the matter of food supplies because the British people depended upon other countries, and that she herself was invulnerable because with her allies she was self-contained. Ever since war began Germany has acted upon this assumption and has sought to destroy Britain's overseas supplies and to maintain her own production.

Looking back over the past four years, one cannot fail to appreciate the gravity of the danger to which the French and British people were exposed by these efforts of Germany. They have, however, completely failed, and at no time have the two countries suffered from real shortage. Greater economy, of course, has had to be exercised than formerly, but now the supplies of food available for the Entente nations will not only give them enough for their needs, but should enable them to build up reserves against any crop failure in future.

For this wonderful accomplishment they are indebted to the United States and Canada. Prior to the war the wheat crop of the United States rarely exceeded 700,000,000 bushels, but in the first year of war it was no less than 900,000,000, and in the second year of war as much as 1,000,000,000, giving an additional wheat supply in two years of more than 600,000,000 bushels over the normal. The Canadian crop of 1915 was also superabundant, and the lack of supplies from Russia and Roumania was more than made good by the additional supplies from the United States and Canada. In 1916 and 1917, the wheat crops in these two countries were, however, smaller, and after the reserves left over from the bumper crop of 1915 had been exhausted, the

Entente nations had to exercise an increased economy. Nevertheless, even in these years of small crops Canada and the United States rendered most valuable assistance by becoming more economical and by supplying food to the Entente out of these economies.

Now in 1918 the United States has grown another great wheat crop; the winter wheat harvest alone is expected to reach nearly 600,000,000 bushels, and the spring wheat harvest about 500,000,000 bushels. Hopes are entertained that the aggregate U.S. wheat crop this year will exceed 900,000,000 bushels, or fully 200,000,000 bushels above normal. Taking into account the economies of the people, this year is expected to have a surplus of 350,000,000 and 400,000,000 bushels, an amount that, with the Canadian surplus, will enable the Entente nations to consume a much greater amount of wheat flour than they have done since the early part of 1916.

Those persons who have watched the vicissitudes of the world's harvests and the fluctuations in the supplies of food available for the allied peoples since the war began are experiencing a great sense of relief from the present improved situation.

The potato is native to the continent of America and was first imported to Europe from Peru.

America may form a flying unit of deaf mutes, as army experts have found them to lack all sense of motion.



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