

must tend towards an internationalism that will bind all peoples together in uplift, and do away with war and dissensions forever.

—JUNIA.

Saving Our Food by Canning.

Last year some lecturers came to this city who demonstrated the one-boiling method of canning vegetables. I attended some of the demonstrations and found them very interesting and instructive in many particulars. The next thing was to watch how the women who canned by this method got along.—I was, perhaps, unusually interested in that, since no less a scientist than Dr. H. W. Hill of the Institute of Public Health had told me in the preceding summer that no method but the "three-day" could be depended upon, under ordinary kitchen conditions, for such vegetables as peas, beans, corn and squash.

By the middle of the winter every woman I heard of who had followed the woman lecturers' plan, found her cans spoiling,—good intelligent women they were, too, capable of following out instructions in detail. "They look lovely," said one of them to me, "but when we open them they are not fit to eat".—Vegetables, time, fuel and jars had all been wasted.

I could not understand this, and so I asked a scientist what he thought about it. He said he thought the women lecturers had probably done their own experimenting, in the first place, in some sort of domestic science laboratory where sterilization facilities had been comparatively easy, and had found the one-day method satisfactory. "Of course," he said, it was, "just possible that the women whose vegetables had spoiled had neglected some small item of scientific importance."

Next I went to a woman who, I knew had been using the method recommended by Dr. Hill.

"I haven't had a thing spoil", she said, "in two years time. I've done up beans, peas, corn, squash, asparagus and greens, and they've been splendid,—all by the three-day method. For the young beets and tomatoes, which are less liable to spoil, I use the one-day method."—"Here's my plan!" thought I. "So long as I am on the staff of the Farmer's Advocate I shall never print any other."—And so I proceeded to don a reporter-like air and quiz my friend in the approved manner.

Boiled down (please, I didn't mean that for a pun!) here are her directions for asparagus, greens, peas, beans, young carrots, squash, corn, cauliflower, and marrow:

1. Wash the jars very clean, using a little washing powder of some kind or plenty of soap. Rinse them well in clear water, then put them in cold water and let come to a boil and boil for 10 to 20 minutes. She uses the spring-top sealers altogether for vegetables, but says that if the screw-topped ones have to be used the glass tops and tin rims should also be boiled. Always the rubber rings should be new and of good quality, of such a size that they must be stretched just a little when putting them on the jars. Thirty-five per cent. of last year's spoilage, it is said, was due to bad rubbers. Put them on just before filling the jars. Boiling this will not hurt them.

2. Have the vegetables prepared. Asparagus should be cut the same length and tied into bunches large enough to put in the jars—wide-mouthed jars preferred. Beans should have the ends and strings removed; corn, cut and scraped from the cob; cauliflower broken into bits; squash and marrow pared and cut into pieces. Greens should be boiled down as for the table, then packed in very solidly into the jars, just enough slightly salted water being poured in to fill up the crevices and to overflowing.

3. Put the vegetable into a wire basket and dip into boiling water for 3 to 15 minutes. This removes excess acids or other undesirable.

4. Remove the basket and plunge at once into cold water to restore the crispness to the vegetables. This plunge first into hot then into cold water is called "blanching."

5. Drain the vegetables well, then pack into the clean warm jars, as tightly as possible. Put a level teaspoonful of salt on top of each jar and fill slowly with boiling water, being sure that the water penetrates to every part of the jar.

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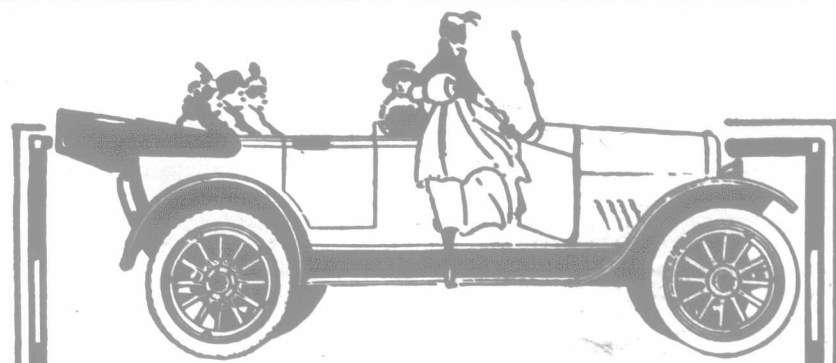
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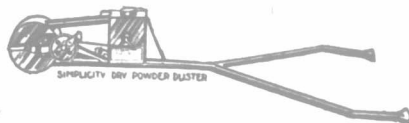


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6. Fit on the rubbers (dipped in boiling water) and put on the tops loosely. If the spring-top sealers are used put up the bail but do not fasten the spring. If the screw top jars are used screw the top on partially but not tight. This gives steam a chance to escape and prevents breaking the jars.

7. Put the jars on the wooden or wire rack and set in the boiler (a wash-boiler will do), having the water in the boiler to within an inch of the top of the jars. Never put the jars right on the bottom of the boiler, as that will crack them. Also they must not be permitted to knock against one another. Always a rack with separate compartments for each jar, and raised off the bottom of the boiler so the water can boil below, should be used. This may be of wood, but the very best kind is of wire, very stoutly built, with a handle, so that the jars may be lifted out at once. Such a rack is exactly like the "carriers" used by city milkmen, except that they have feet or some contrivance to raise them off the bottom of the boiler.

8. Put on the lid of the boiler, let come to a boil and boil an hour, then take out the rack, fasten the tops down tight, and let cool in a place where drafts of wind will not strike.

9. Next day put on the boiler again, loosen the tops, and return the rack to the boiler. Boil an hour as before, then remove and tighten the tops. Invert the jars when they are removed from the boiler, and if any of them leak a little pour melted paraffine (not too hot) over the lid and let it run over the jar. It will form a coat which has to be cut off when the jar is opened, but may save the jar. Always save paraffine. It can be melted and used over and over.

10. On the third day repeat. Let the jars cool and store in a cool, dark place where they will not be jarred or moved until used. If they must be stored in a light place each should be wrapped in brown paper, as light injures the color of the contents.

Fruit, Young Beets and Tomatoes.

Fruit may be canned exactly as above, only that one boiling is sufficient and blanching is not required. The jars may be filled up with water without any sugar at all, or they may be filled with syrup. This method keeps the shape of the fruit nicely. . . Another method is to boil the fruit in a kettle and then pour into hot jars which have been boiled for 20 minutes in water. Pour to overflowing, using a sterilized cup or spoon for filling, and fasten down at once. Hot jars should never be stood on a bare table, but on several thicknesses of clean white cotton, wrung out of boiling water.

Tomatoes may be peeled and put in the sterilized jars in halves, quarters, or even whole if they are small. Pack as tightly as possible, put in a teaspoon of salt, fill up with hot water, and cook in the boiler as above, only one boiling being necessary. . . Another method is to peel them, cut them in pieces, then cook them about 25 minutes and fill to overflowing in sterilized jars, sealing down at once. A little salt and paprika may be added to season.

Young beets are delicious when done