

DAILY PAGE FOR ADVERTISER

Before You Can Fruits or Vegetables—

Carefully sterilize the jars—the wash boiler will be just the thing to do it in.

BY CAROLINE COE.

Of first importance in preserving vegetables is sterilization—that is, the process of removing by heat the bacteria that teem in all vegetables and in the air, too, and cause decomposition if they get into the preserve jars.

A wash boiler makes a first rate sterilizing vat in which to boil the vegetables to be preserved; the boiling takes place, of course, after they have been put in the jars. Have a tight cover for the boiler and a false bottom, as the jars must not come in contact with the boiler bottom. Thin pieces of wood will do, but better still is a piece of No. 16 wire netting of half-inch mesh.

Don't crowd the jars in the boiler. When they are in place pour in about three inches of water, or just enough to make steam and keep the boiler from going dry. Put on the cover and let boil for an hour. Then remove the lid and let the steam escape. The jars may be removed, or left in the boiler to cool. This boiling process should be repeated three days in succession, one hour each day. When the sterilization, or boiling is complete the jars may be used for a day or two and then examined for signs of decomposition. If they have started to spoil it will be cheaper in the end to empty the jars and try a fresh supply.

Corn.

Select full-grained ears. Shear off the grain with a sharp knife and pack the jar full. Add salt to taste, about a teaspoonful to a quart is enough. Put the rubber ring on the neck of the jar and place the glass top on loosely. Then place the glass top on the boiler and put the jars in the boiler to sterilize. Boil them as described previously one hour each day for three days.

Beets.

Although beets will keep in the cellar

over winter, it is very desirable to can them while they are young and tender, as the mature beet is apt to be stringy and lacking in flavor. Wash the young beets, cut off the tops, and put them in boiling water for about an hour and a half or until they are thoroughly cooked. Take off the skins, cut in thin slices, and pack into the jars. Cover with water and sterilize in the manner previously described. If a mild pickle is desired, make a mixture of equal parts of water and good vinegar, sweeten to taste, and cover the beets with this mixture instead of water.

Summer Squash.
Cut the vegetable into small blocks, pack in the jars, and cover with water. Add a teaspoon of salt to each quart and sterilize. It is sometimes preferable with this vegetable, however, to pare off the skin, boil or steam until thoroughly done, mash them, and then pack in the jars. This is a very slow way, but it is absolutely necessary that the interior of the jar should reach the temperature of boiling water. A jar will usually hold about twice as much of the cooked vegetable as it will of the uncooked.

Economy Pickles—A Tested Recipe.
Wash one and one-half pecks of small-sized cucumbers and place in a stone jar.
Add one cup of dry mustard to one cup of salt and one even teaspoon of powdered alum. Mix this together until well blended then stir it slowly into one gallon of cider vinegar. Turn over pickles in jar and weight pickles down. Boil for use in four days or will keep perfectly for almost any length of time.

Here's a Hint for War-Time Economy



Red Cross Column

Do not forget that this is work-day at the Red Cross rooms at Hyman Hall. Work is ready to be done there, and also to be taken home by members and associates.

Membership pins for sale, price 25 cents.

The Advertiser has kindly allowed us to use part of this space for our Home Relief League news also. The coming committee have plenty of material ready now for the willing workers of this branch also, and will be glad to have some of it done, as there is great need of it.

In response to a call for aid in equipping a Hospital Ship, the Misses Rebekah Lodge made a canvass of the town, which resulted in the sum of \$138.00 being collected, which was sent to the head office in Toronto.

OLD SONGS AND POEMS

Roamin' in the Gloamin'.
(Copies sent by A. Biddiphur, J. A. G.)
I've seen lots of roamin' lassies trav'lin' far and wide,
But my heart is centred noo on bonnie Kate McBride,
And altho' I'm no a chap that throws a word away,
I'm surprised mysel' sometimes at a I've got to say.

CHORUS:
Roamin' in the gloamin' on the bonnie banks o' Clyde,
Roamin' in the gloamin' wi' my lassie by my side,
When the sun has gone to rest,
That's the time that we love best,
O, it's lovely, roamin' in the gloamin'.

One night in the gloamin' we were trippin' in the side,
I kissed her twice and asked her once if she would be my bride,
She was shy, so I was I were bairn
But I got brave and braver on the journey comin' hame.

Last night after strollin' we got hame at half past nine,
On a farm loved by the lassie, I asked her to be mine,
When she promised, I got up and danced the Heilan' Fling,
I've just been at the jeweller's and I've picked a nice wee ring.

Down on the Farm.
When a boy I used to dwell,
On a farm loved by the lassie,
Far away, among the clover and the trees
Where the morning-glory vines, round the cabin porch, did twine,
And the robin red-breast sang among the trees.

CHORUS:
There were brothers young and gay,
And a father old and gray,
And a mother dear to shield us from all harm,
There I spent my happy hours running wild among the flowers,
In my boyhood's happy home down on the farm.

Many weary years have passed
Since I saw the old place last,
And memories dear, still hover o'er me like a charm,
Every dear familiar place,
Every kind and loving face,
In my boyhood's happy home down on the farm.

And today as I draw near,
That old home I love so dear,
A stranger comes to meet me at the door,
There beside the old fire-place, there
In my father's old arm-chair down on the farm.

Economy Cookies

It costs more to keep the cookie jar full these days than it did a year ago, but now that the school days are beginning, an empty cookie jar would be a calamity.

Here's a very good recipe for eggless cookies that will make five dozen, and you'll never miss the eggs.

Take one large cup of butter and lard, mixed; one cupful of sugar, one cupful of molasses, one-half cupful of cinnamon, one teaspoonful of cloves, one teaspoonful of soda and flour for stiff dough. Pour over the soda a little water, and mix thoroughly. Mix the ingredients thoroughly. If the dough is not properly mixed the cookies lose in flavor, and they will not be so light and spongy when baked. These cookies should be rolled thinner than sugar cookies.

A good way of stiffening the bristles of hair brushes after washing is to dip them into a mixture of equal quantities of milk and water, and then dry before the fire.

To remove fruit stains from tablecloths and serviettes, apply powdered starch to the stained parts, and leave for several hours till all the discoloration has been absorbed by the starch.

SHOES FOR THE STUDENT.
For footwear the college girl will require heavy-soled tramping boots of tan calf, two pairs of buttoned boots, one pair having contrasting material in dressy style, one pair of evening slippers to match her evening frock and a pair of smart black pumps for wear on ordinary evenings with the dinner costume. It is better to provide buttoned boots than pumps for day wear with all costumes, for the little French man will be apt to dash out of doors in all sorts of weather, perfectly regardless of her foot-covering. Sometimes the uncarpeted floors and the halls are so slippery that the buttoned boots offer more protection to the ankles. Besides these items of footwear the various shoes for athletic sports must be included in the list.

Gently smear with Cuticura Ointment; wash off in five minutes with Cuticura Soap and hot water. Sample of Cuticura with 32-page book, address "Cuticura," Dept. 24A, Boston, U. S. A.

How to Treat Pimples
Pat or suet will keep sweet for a much longer time if separated from the skin, finely shredded and mixed with flour. Keep in a dry, cool place.



HOWELL'S WELL AND SAVE THE PENNIES DURING THE WAR

Little Hints to Help the Housewife Solve Her Problems From Day to Day. Written Especially For Advertiser Women Readers.

Cheese With Breakfast Foods

Breakfast foods are not such cheap fare after all when you begin to count the cost of sugar and cream usually served with them. But expert cooks have found a substitute for the sugar and cream and it's nothing less substantial and inexpensive than cheese. T

Cheese combined with cereal foods makes a rational dish as regards the proportion of nutrients it supplies. Cheese and some of the crisp "ready to serve" cereal breakfast foods is a combination which is common, the cheese being melted with the cereal food, or simply served with it.

There are many who relish a piece of cheese with the cooked cereal so commonly eaten for breakfast, and find such a combination satisfying to appetite and taste. Oatmeal or some other home-cooked breakfast cereal prepared with cheese is palatable, and such dishes have an advantage in that they may be served without cream and sugar. Since such a dish contains considerably more than the breakfast cereals as ordinarily served, it has a further advantage in that it may well serve as the principal item of a breakfast meal instead of a preliminary to other courses. Such a combination as cereals cooked with cheese, toast, fruit, and tea, coffee, or chocolate, makes a palatable as well as nutritious breakfast and one which does not require much work to prepare and to clear away.

A recipe for preparing oatmeal with cheese follows. Wheat breakfast foods, either parched or unparched, corn meal, and hominy may be prepared in the same way.

OATMEAL WITH CHEESE.
Two cupfuls of oatmeal, one cupful of grated cheese, one tablespoonful of butter, one level teaspoon of salt.
Cook the oatmeal as usual. Shortly before serving, stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal.

The cheese should be mild in flavor and soft in texture. The proportion of cheese used may be increased if a more pronounced cheese flavor is desired.

A SPLENDID STORY OF WESTERN LIFE

By JOHN BRECKENRIDGE ELLIS
THE AUTHOR OF FRANK
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Willow muttered deep in his throat, while his companions laughed disdaintfully. "We've had enough of this!" Red declared, his voice grown suddenly hard and cold. "Kansas, take the prisoner, Brick Willock, as you're so fond of the kid, you can carry her."

Red went outside and waited till his brother Kimball was ready to leave. Then he looked back into the room, and saw the girl, who had been said authoritatively. "What we've got to do ain't any easier with a lot of men hanging round, looking on."

The man who had relished the candle, and who crouched to shield it with a hand, and the others, nodded approval. His friends were already gathered together the cards, to lose in the excitement of gambling consciousness of what was about to be done. Red closed the door on the scene, and turned to face the night.

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Carpets Kingsmills Drygood

Latest Fall Dress Goods

We welcome you to come and see the new weaves and colorings for fall and winter wear. Our Ladies' Tailor and Dressmaking Departments are now open. Leave your order today.

ROMAN STRIPE SUITINGS, \$2.00 YARD—Latest novel for tunic skirts, cape suits, etc. We've the very latest Roman stripes.

CROCODILE SUITINGS, \$1.25 YARD—In Copenhagen navy, brown, wine, mauve and black; splendid weight superior quality; very fashionable.

DONAGAL EFFECTS IN TWEEDS, \$1.10—For a serviceable suit, skirt or separate coat. Very new style, in pretty range of colors.

NIGGERHEAD SUITINGS, SPECIAL, 75c YARD—A tone effect, in latest colorings. This Suiting will make a stylish serviceable suit or skirt. See the stunning shades. Special, per yard.

OUR ENGLISH SERGES ARE FAMOUS—Ask anyone "Where is the best place to buy serge?" Kingsmills is the answer. Our Standard, Royal and Imperial Serge are the best in the world. All colors, of Navy, blue, cream, green and brown. At, per yard. 75c to \$2.00.

SPECIAL NAVY, BLACK AND CREAM SERGES—A special purchase on sale at, per yard.

Kingsmills THE QUALITY STORE.

ness. So swift and deadly were his movements, so wild his appearance, with long locks streaming in the wind, and huge black whiskers hiding all but his glittering eyes, aquiline nose and a brief space of tough red skin—so much more like a demon than a man, it was no wonder that the child, awakened by the firing, screamed with terror at finding her head pressed to his bosom.

"Come!" Willock called breathlessly to the prisoner who still stood with his back to the moon, as if horror at what he had just witnessed rendered him helpless as he had been from sheer terror. Still holding the screaming child, and the pointed ends of the cabin, and to the projecting logs of the fleetest, hastily unfurled two of the fleetest.

ACTIVITIES OF WOMEN.
It is claimed that women medical students complete their course much quicker than men.

The average earnings of women employed in the clothing trade in England is \$12 per week.

Women among the lower classes in New York have started a crusade against high rents.

Women constitute only four per cent of the persons engaged in transportation in this country.

Women are now prohibited from working between the hours of night in 14 European countries.

In Persia women are forbidden to go unveiled in the presence of any man but her husband.

A Pennsylvania woman paid \$25,000 to a beauty doctor to make her a physical ornament to her home.

Teachers in the Newtown, Mass., kindergarten schools receive only \$300 a year salary.

WANTED Another Million People to use Windsor Table Salt

CLARK'S CORNED BEEF

Economical and Delicious All ready to serve No bone No gristle Ask for Clark's

W. CLARK, Limited, Montreal

Mrs. Winslow's Soothing Syrup has been used for over SIXTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEETHING with THE CHILD, SOOTHES THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC, and is the best remedy for diarrhoea.

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The Salt of the Century is "Century Salt"

Yes, you'll wisely get it. Madam, for the superior vacuum processes used give it splendid flavor, whiteness and purity.

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Alma (Ladies) College
Attractively situated. Picked facility. For prospectus and terms write the Prince R. I. Warner, M.A., D.D., St. Thomas, Ont.

Cynthia Grey's Mail-Box

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

Certainly, Dewdrop.
Dear Miss Grey.—As I am a constant reader of your page, I see you answer many, many questions for others. I wonder would you answer a few for me.

1. I am 16 years 6 months old, 5 feet 1 inch tall, and weigh 105 pounds. Do you think I am tall enough and weigh enough?

2. How long should my dresses be?

3. What are the meanings of Irene, Tom, Gilbert, Edwin, Eva and Irma?

4. What are the flowers for August, October, November, also March?

5. Am I too young to have a boy friend if all others are willing?

6. Are green plaid skirts and three-quarter-length coats going to be fashionable this fall?

Thanking you in advance, I am yours sincerely,
Ans.—Dewdrop.

Ans.—Yes, you will doubtless add a few inches to your height in the next four years.

2. They should reach to your shoulders.

3. Irene, peace; Tom, a twin; Gilbert, famous; Edwin, gainer of happiness; Eva, life.

4. Poppay, hops, crysanthemum, violet.

5. No.

6. Yes.

Washing Baby's Coat.
Dear Miss Grey.—Please could you tell me anything that would take raw sweet apple stain out of baby's cream lustre coat, if I wash it in a suds I have been told the silk braids will turn yellow; can you give me a remedy to clean it without spoiling it?

A St. Marys reader requests the song called for "Top Old Time's Sake." I was glad to see the song. "There'll Come a Time," so I will write it.

Ans.—Thank you for sending the verses and if you send the others you mention, they'll seem quite timely.

Regarding the coat, make a weak solution of salts of sorrel and water and saturate the stained part with this. In ten minutes wash with clear water and when nearly dry, press on the wrong side. If the entire coat needs cleaning, the best way is to wash it in cold water with white soap and a little ammonia. Rinse and blue and press as soon as dry enough.

AN ENGLISH LASS.
Ans.—Thank you for sending the verses and if you send the others you mention, they'll seem quite timely.

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Simplicity is the keynote of this costume, but, notwithstanding the absence of flounces and furbelows, it is a valuable acquisition to the girl who wants to practice war-time economy, and yet have pretty gowns, for it offers no difficulties that the home dressmaker cannot meet.

Although the model illustrated is made of expensive ratine with a foundation of charmeuse, it would be equally effective if made in cotton ratine or shepherd plaid serge. Black, soft, grey or blue would be suitable for the white and blue combination, and a lingerie or voile blouse would be very pretty under the little coat.

the potato water; add about a quart of lukewarm water. Take one yeast cake, and break in pieces in the top of crock; set in warm place; let stand for 24 hours, stirring once during that time, to make bread about two cups of this.

On the stove until it is lukewarm. Do not let scald, and mix down stiff; let rise one hour; put in pans and stand one hour. Bake in a moderate oven for one hour and take out, and roll in a bread-cloth.

Ans.—I am delighted to receive this recipe for quickly-made bread, and hope "Busy Mother" does not fail to see the best of it.

In regard to the song you mention, I fancy it has already appeared in the Old Song Column, so I send you a copy of the words.

Poor, Tired Girl!
Dear Miss Grey.—As you have given me some of your wonderful advice once before, I am coming back to you to see if you can help me out again.

1. I am 5 feet 6 inches tall, and my weight is 132 pounds, my age is 18. Am I very well proportioned?

2. My hair is rather a red-gold shade, my eyes are blue, and I have a very good complexion. What colors do you think I could wear?

3. How would you advise me to have a dress made, as I am clerking in a local store, and have to have one or two more before the season?

4. Miss Grey, don't you think it is terrible to keep store girls at their work from half-past 8 in the morning till 6 at night, on all days excepting Saturday, and on that special day we have to work from 8 in the morning till 10 at night, with the exception of two hours, one for lunch and the other for tea? I think it is simply terrible, don't you?

Thanking you very much in advance, I remain,
A TIRIED CLERK.

Ans.—1. You weigh heavily for your age, but should be a fine, well-built girl, I fancy.

2. I feel sure that you will look nice in very pale blues, pale tans, light grey, and shades of green. Dark blues, too, should be worn.

3. You might have one made with a middie blouse; they are very practical for work such as yours. I saw a neat one the other day made of black serge in light weight, and trimmed with red buttons and narrow red braid. The skirt was of the same material, made plain, and without any trimming.

4. The blouse styles are beginning to show themselves, and accordingly as we get used to them, they don't seem so impossible after all. A blouse dress in navy or olive green would be stylish.

Do you know what I thought as I read your letter, and before I signed at the signature?—"This girl either needs holidays or a tonic from the doctor. Then, when I saw that you had signed yourself "A Tired Clerk," I was more than ever of this opinion. My dear, how I wish I could really help you! Have you any vacation this year? And any way, don't you think you are just a little bit run down? I do, and that a little more iron in your system will help you to take a braver and brighter outlook upon life, and make your work. This life is largely what we make it; if you face your daily task cheerfully, it helps to lighten the burden most wonderfully; but if, on the other hand, you think of your work as something terrible, this attitude will grow and tinge your whole life with gloom; and perhaps what is really wrong after all the time, is a disordered liver or poor digestion! Yes, I know the lot of a saleswoman is not easy, but try to see the sunny side of your work; learn to relieve just a day at a time—do not allow the burdens of next year, or next month or even next week, to oppress you! Perhaps they may never come at all!

Do try to cheer up, dear friend, and remember my advice about the doctor. Visit the mailbox again if it helps any to tell your troubles.

After washing lamp chimneys, try polishing them with dry salt. This gives the glass a brilliant shine and prevents it from cracking.

Pat or suet will keep sweet for a much longer time if separated from the skin, finely shredded and mixed with flour. Keep in a dry, cool place.

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For Infants and Children.

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Always Bears the Signature of

Wm. D. Little

Use For Over Thirty Years

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