

IN THE KITCHEN

Hints on Canning

Perfectly sound fruit only should be used. Fruits may be canned with or without sugar, as it takes no part in their preservation. Small fruits are best sugared one or two hours before cooking. Large fruits should be thrown into cold water as soon as sorted to prevent discoloration. Have jars hot and everything ready, fill jars quickly, run a silver spoon handle around jar to break any air bubbles and then screw on tops without delay. Peaches and Peas—Pare and place in cold water. Remove and put in a porcelain lined kettle, cover with boiling water, and stand where they will scarcely simmer until tender. Make a syrup from one pound sugar and one quart water, stir until sugar is dissolved, and boil for three minutes. Lift peaches carefully from water, put them in syrup, bring to boiling point and can as directed.

Quinces—Pare, core, cut into rings, and proceed same as for peaches, using a half pound sugar to every pound quinces. The skin and rough pieces may be used for jelly.

Blackberries—To every pound blackberries allow a quarter pound sugar. Cover with sugar, let stand for two hours, then bring to boiling point. Can as directed.

It is necessary at all times to keep the drain pipes in good condition, especially where the plumbing is old. A good disinfectant is concentrated lye dissolved in boiling water. This should be poured through the kitchen sink and down the pipes, using plenty of boiling water. Then follow with a solution made of crystallized copperas, dissolved also in boiling water. This should be done at least once a week.

Worth Trying

Salad—Two parts cabbage and one part celery chopped rather fine, to which has been added a liberal sprinkling of chopped meats of English walnuts, is a favorite salad. Make a dressing as follows: Two eggs, three table-spoons of vinegar, one tea-spoonful of sugar, one tea-spoonful of sweet cream, one-fourth spoonful each of salt and mustard. Beat the eggs thoroughly, stir all together and cook in a double boiler. When cold, and just before serving, mix with the salad. This is nice for any kind of a vegetable salad.

Eggs for Tea—Boil as many eggs as you wish until hard, drop them in cold water when done and the shells will be easily removed. Cut the eggs in halves, take out the yolks and mash, season with butter, a little salt and mustard, moisten with vinegar, then fill the whites with the mixture.

Simple Rice Pudding—Take one quart of milk, two table-spoons of rice, two of sugar and a cup of stoned raisins, add a little salt, mix all together and bake in a moderate oven for two hours. Stir frequently until the last half hour, when it should be left to set.

Chocolate Pudding—Scald a pint of milk, add to it four table-spoons of sugar, one square of grated chocolate and two table-spoons of corn starch, which has been dissolved in a little cold milk. Boil until it thickens, stirring to prevent its burning and add a little vanilla and pour into

cups which have been wet in cold water to prevent sticking.

Pop Overs—Beat one egg very light, one cup of milk, one cup of sifted flour, one-half tea-spoonful salt, bake in cups three-fourths of an hour. To be eaten with sweetened cream flavored to taste.

Sweet Pickles—Take from two to three pounds of sugar to one quart of vinegar; add half ounce of stick cinnamon and one-eighth ounce cloves. Cook in water until tender, then cook for a few minutes in a vinegar. Watermelon rinds, cucumbers and green tomatoes should be soaked over night in a weak solution of salt before pickling.

Ripe Tomato Pickles—Pour boiling water over ripe tomatoes; pare and weigh, put into jar, cover with vinegar, let stand three days. Then pour into preserving kettle; add five pounds of sugar to seven pounds of tomatoes; also one tea-spoonful of ground cinnamon; one-fourth tea-spoonful of ground cloves, one-fourth of a nutmeg grated. Boil slowly until about half boiled down. Pickles will keep without sealing if the vinegar covers them.

Apples in Jelly

Soak one-half box of gelatine in half a cupful of water. Put pint of sugar and equal amount of water in saucepan and set over fire. Boil ten minutes after sugar is dissolved. Take two quarts of tart apples which have been peeled, quartered and cored. When the syrup has cooked the required time, put in a few of the apples and let them cook slowly until tender, but still keep their shape. Remove them with a wire skimmer and put on a platter until all are cooked. Take dish from fire, add the gelatine to syrup, stir until it is entirely dissolved. Arrange apples in layers in a mold, sprinkling bits of candied cherries and English walnuts over them. Pour jelly over the apples and set dish in the ice box or cool place to harden. When ready to serve, place the jelly in a shallow glass dish and heap whipped cream around it.

A Hint on Sweeping

Fine dust raised in sweeping is most unpleasant. When sweeping have a pail half full of very warm water in which put a little ammonia. Before beginning dip the broom in this, shaking as dry as possible. When broom becomes filled with dust dip and shake as before. The damp broom holds the dust which would otherwise fill the air. By changing the water often no injury will come to the finest rug or carpet. Ammonia brightens colors and they look much cleaner than when swept in the old way. The labor of dusting is greatly lessened, and germs are disposed of.

When grip and colds were prevalent in the neighborhood, not one of my family suffered from either. It is worth trying.

Potatoes in their jackets are more nutritious than when peeled, because right under the skin is all the rich po-tash which is so beneficial to the body. If peeled, it must be very thin, and they should be steamed, not boiled.

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In making fruit pie be sure to have a small opening in the centre of the crust, and keep it clear with an earthenware funnel.