

SHOWING HOW TO CAN VEGETABLES

Demonstration Given in New
Quarters by Mrs. Woelard
Yesterday.

Demonstrations in canning tomatoes and cauliflower were given yesterday afternoon in the St. Andrew's Institute, West King street and Simcoe street, Mrs. M. L. Woelard, the well-known instructor on domestic science subjects, being the demonstrator. Yesterday's object lesson was the third of a series now in progress under the auspices of a committee of the Women's Patriotic League. Mrs. H. S. Strathy and Mrs. H. Rae are in charge.

An essential point emphasized was that in cooking tomatoes and cauliflower it is only necessary to cook them one day, instead of three, as in the case of other vegetables, and then the tomatoes only ten or fifteen minutes and the cauliflower thirty. The acid in these vegetables helps to kill the spores, a process that must be done in other cases by three successive boilings.

The cauliflower is placed in a light brine for two hours, then in sealers filled with boiling water and a teaspoonful of salt added to each quart. The sealers are placed in boiling water and cooked for half an hour, after which the tops are screwed on tightly and the product may be kept for winter use.

A recipe for chili sauce was also given consisting of one peck tomatoes, seven medium-sized onions, six bay leaves, one teaspoonful of cayenne pepper, two large teaspoonfuls of salt, two cups vinegar, one and a half cups of brown sugar. Cut the tomatoes, onions and bay leaves, then cook these for an hour, after which remove the leaves and add other ingredients and cook for half an hour longer.

Mrs. Woelard applied the peck test—one tablespoonful of alcohol to one of the jelly—in making red currant jelly. By the constituency of the jelly that forms it may be ascertained how much sugar is necessary to add. Boil from ten to fifteen minutes. Apples may be used as foundation for jams and jellies.

TO GET MORE MEN.

Announcement is made by the military authorities that a coming down of all "employed men" among the soldiers at Niagara is under way in order to obtain more men for the Garrison Regiment of Toronto district.

The military are also doing away with all unnecessary guard work in order to release men for military police, and other special garrison regiment duties.

"If Only the Sweet Moments Could Last!"

THERE were times, in Ruth and Brian's married life, when they seemed perfectly compatible—when their companionship was complete.

Then the storm clouds would come again, and the period of happiness would be over; once more they would find themselves quarrelling over trifles and jarring on each other's nerves.

At these tempestuous periods, Ruth would wonder if they had not made a mistake in marrying each other. Brian, too, had these misgivings in regard to the suitability of their marriage.

But wait! Does not the fact that there were sunny periods at all, leave just the possibility that there might be sunshine all the time, under the right conditions? Of course it does. And do the right conditions ever come?

Learn by reading "The Wife," which starts Monday in The Toronto World.

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"SILENT 500'S"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the single box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but **EDDY'S MATCHES.**

THE
E. B. EDDY COMPANY
LIMITED
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DELEGATE FROM SEATTLE

Wants to Have G.W.V.A. Branches in
United States.

Comrade de Turenne, a Belgian member of the G.W.V.A. branch in Seattle, is one of the delegates to the convention. He is trying to get the Dominion executive to sanction the organization of branches of the association throughout the United States, wherever Canadian returned soldiers may be found. He believes this advisable for two reasons: Firstly, to help the Canadians both socially and materially, and to weld a sentiment of friendliness between the United States boys and Canadians.

CONTAGIOUS DISEASES.

The city health authorities have issued the following report of the number of cases of contagious diseases for July as compared with the corresponding period last year:

	1918.	1917.
Diphtheria	76	79
Scarlet fever	49	24
Typhoid fever	7	7
Measles	174	99
Tuberculosis	68	95
Smallpox	0	0
Chickenpox	18	29
Whooping cough	82	99
Mumps	14	13

SOCIETY

CONDUCTED BY
MRS. EDMUND PHILLIPS

Hon. F. H. Phlippen, Mrs. Phlippen, Miss Margaret Phlippen and Mr. Jack Phlippen left last night for Vancouver.

Mrs. George Gooderham has been in Syracuse since last week.

General V. A. Williams has arrived in England from Germany, where he has been a prisoner of war since 1916. General and Mrs. Williams and Miss Williams are in the South of England, and will shortly return to Canada.

Mr. and Mrs. Warren and their family have left for Vancouver. Mr. Warren was formerly private secretary to Hon. J. D. Reid.

Hector MacInnes, Halifax, recently gave a young people's dance for her daughter, who is at home for her holidays, and for her school mates at Branscombe Hall, Toronto.

Among those at the Royal Canadian Yacht Club last night were the commodore, Mr. George Gooderham, Major Arthur Kirkpatrick, Mrs. Charles Beatty, Miss Marjory Beatty, Mr. Edward Greig, Mr. and Mrs. J. Hamilton, Mr. MacInnes, Mr. Parry, Mr. and Mrs. George Chadwick, Mr. Frank Brentnall, Mr. James Merrick, Mrs. Allen, Mr. Harry Grubb, Mr. George Wilson, Miss Bonnie Bonnell, Miss Foster, Miss Toye, and Mrs. Macrae, Mr. Morrison, Mrs. Ridd, Mrs. Mackay, Mrs. Clark, Mrs. Tyler, Mr. and Mrs. Johnston, Mr. and Mrs. Hughes, the Misses Roberts, Miss Evelyn Starr, the famous Nova Scotia violinist, is at home from New York, and is spending her vacation with her parents, Mr. and Mrs. C. R. H. Starr, Wolfville. Miss Starr took part in the concert given at Aldershot, N.S., last week.

Mrs. Frank Brentnall and Miss Zillah Worthington are at the Royal Muskego for August, and will return to town for the Exhibition.

Miss Alice Wilson, Baltimore, niece of the president of the United States, will be married at the White House, Washington, on the 7th inst. to Rev. Isaac Stuart McElroy, Jr.

Mr. and Mrs. Leo Smith have been staying at Skerryvore on the Georgian Bay.

Mr. Gordon Mackenzie is at the Ojibway on the Georgian Bay.

Mr. H. Vernon Hearst is with Lady Hearst at the Royal Muskego.

Dr. and Mrs. Alan Brown are at Ojibway on the Georgian Bay.

Miss Katherine Alexander, who has been visiting Mrs. MacInnes on the Georgian Bay has returned home.

Mr. and Mrs. J. H. Ballen, who returned from St. Andrew's early last week, left Montreal on Wednesday for Star Island. Mr. Czerwinski's country house on the Muskego Lakes.

The engagement is announced of Miss Isabel MacFarlane Fraser, daughter of Mr. Donald M. Fraser, Kingston, to Captain Edward Parke Cameron, C.F.A., son of Mr. E. R. Cameron, K.C., registrar of the supreme court of Canada, and Mrs. Cameron. The marriage will take place quietly in August.

Mr. and Mrs. H. V. Tyrrell have returned from a month at the sea in New Brunswick.

The marriage is announced at Southampton, England, of Miss Edith Ferguson, Toronto, to Lieut.-Col. Sparling, Saskatoon.

Among the recent arrivals at the Royal Muskego are Lieut.-Col. G. A.

Stimson, Mrs. George Hodgins and Mr. and Mrs. F. J. Hughes.

Mrs. David Keith has returned home after spending ten days on the Georgian Bay.

Mr. and Mrs. R. Dawson Harding announce the engagement of their only daughter, Kitty, to Mr. George Neil Hargrave, second son of Mr. and Mrs. George R. Hargrave. The wedding will take place early in September.

Dr. Kierstead spent a few days in Halifax this week, the guest of his sister-in-law, Mrs. McCallum Grant, government House. Miss Frances Kierstead has arrived in Halifax also and is at Government House, en route to Wolfville to join her mother.

Major Perry Beatty has left England on his way back to Canada.

Mr. Edward Blake has left for Minicogashene.

Mrs. Marani is leaving this week for the Royal Muskego.

Miss Leah Polson, Saginaw, Mich., arrives in town today to stay with Mrs. J. W. Drynan and Miss Armorel Drynan.

Miss Beatrice Corson returns today from a visit to the United States.

Miss Dorothy Davies, Glenwood Park, Ont., is paying a visit to Muskego.

Col. Robert Low, Mrs. Low and Miss Low have arrived in Halifax from Ottawa and are at the Halifax Hotel.

Mr. and Mrs. Gordon Hoskin are leaving today for Beaumaris, Muskego.

Mr. W. H. Coleman, Lieutenant and Mrs. Coleman, Niagara-on-the-Lake, are the guests of Mr. and Mrs. Edward Leadley, 25 Hawthorne avenue.

Mrs. Gavin Stairs, Halifax, N.S., gave a sailing party on the Arm for her guest from Toronto, Mrs. Gibbs.

Mr. and Mrs. Gerald Ponson and their little daughter, Miss Barbara Ponson, are leaving at the end of the week for Muskego, where they will visit Mr. and Mrs. Marshall (Toronto) at their country house.

Miss Eva Hogg is in Ottawa spending a few weeks with Miss Kathleen Chamberlain.

Mrs. G. C. Flint and children of Clinton street leave tomorrow for an extended visit to her sister, Mrs. Wm. Headon, Stratford.

Engagements.
Mr. and Mrs. R. Dawson Harding announce the engagement of their only daughter, Kitty, to George Neil Hargrave, second son of Mr. and Mrs. George R. Hargrave. The wedding will take place early in September.

Mr. and Mrs. J. H. Ballen announce the engagement of their eldest daughter, Margaret, to Mr. H. B. Spaulding, late of the 21st Battalion, who will take place immediately.

TO PATRIOTIC FUND.
A gift of \$182.27 for the month of June from the railway mail service, Toronto, has been acknowledged by the Canadian Patriotic Fund.

ON NEW CHARGE.
Albert Brown, 79 Gerrard street, and Nathan Lufspring, 24 Kensington ave., were arrested last night, charged with having no useful occupation.

THEFT CHARGED.
Robert Johnson, 48 Sauter street, was arrested yesterday afternoon by Detective Young, charged with the theft of a watch and tiepin from Lucy Hunter.

NO PEACE ASKED.
London, July 31.—Speaking in the house of commons today, Arthur J. Balfour, one of the British foreign secretaries, said that no enemy government had approached the entente allies regarding negotiations for peace.

War Garden Bulletin



Issued by Canada Food Board.
Enlist the aid of the whole family in getting your war garden vegetables canned and dried. Father helps to eat them. Why shouldn't he lend a hand in preparing them?

Care should be taken to see that the fruit and vegetable you dry are young and tender. Vegetables should be cut into slices or strips from one-eighth to a quarter of an inch thick. For slicing, a sharp kitchen knife or a special slicer may be used. The meat-cutter answers very well. Most root vegetables should be peeled before slicing.

"War-Time Cookery" FREE

Send name and address for new "War-time Cookery" This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

Approved by Canada Food Board

ADDRESS
E. W. Gillett Co. Ltd.
TORONTO, CANADA

WRIGLEY'S

It's the great war-time sweetmeat!

—the benefit, the pleasure, the economy of a 5c package of WRIGLEY'S

—has made it the favourite "sweet ration" of the Allied armies.

—send it to your friend at the front:

—it's the handiest, longest-lasting refreshment he can carry.

CHEW IT AFTER EVERY MEAL

The Flavour Lasts

Made in Canada

WRIGLEY'S SPEARMINT
THE PERFECT GUM
MINT-LEAF FLAVOR

WRIGLEY'S JUICY FRUIT
CHEWING GUM
THE FLAVOUR LASTS

WRIGLEY'S DOUBLEMINT
CHEWING GUM
PEPPERMINT

Sealed Tight Kept Right

SUFFICIENT ICE TO MEET NEEDS

Housewives Need Not Worry
About Supply for the
Summer.

Sweating July days and the ice supply have a very close relationship. Should old Sol increase activities and consumption of refrigerators grow in proportion, the provident housekeeper cannot but wonder if there will be a satisfactory arrangement between the two counter forces.

Ice in summer is to the home like coal in winter—it is essentially necessary to the comfort, happiness and general well being of the household.

Without coal or its substitutes, one may contract pneumonia and kindred diseases, and there can be neither happiness nor well-being of any description in an atmosphere in which the mercury points to below zero and the members of the family shiver miserably beside radiators from which nothing issues to mitigate the freezing properties of the atmosphere.

Conversely, dearth of ice means destruction of the provisions of the larder, meats refuse to keep fresh, cream turns sour, butter becomes converted into oil, and the daily menu presents the most unsatisfactory problem for solution.

ANNOUNCEMENTS
Notices of future events, not intended to raise money, 20c per word, minimum 50c; if held to raise money solely for Patriotic, Church or Charitable purpose 10c per word, minimum \$1.00; if held to raise money for any other than these purposes 50c per word, minimum \$2.50.

were a short time since. Otherwise conditions are normal.
Regarding the question of the man who delivers the rigid product to the private home, the question had been raised as to whether he was supposed to ascend as many flights of stairs as his customer chose to locate, carrying on his iron hook as many pounds of ice as said customer cares to order. This point also was settled upon enquiry.
"We never ask our drivers to go above the first floor. After that it is a matter between them and the customers. Some drivers go beyond the first floor, but this is for themselves to decide."

Polly and Her Pals

:-:

IT'S AN "EVEN STEPHEN" ALL WOUND.

:-: By Sterrett



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