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Vinemount, Ont.

Okanagan Tomatoes

At their very best now. Shipped slightly green. Good variety and size and of fine flavor. Vegetables are best wheat substitute, cheaper now than later on. 23-lb. cases, F.O.B. Summerland, 5 cases.

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Pickling Cucumbers

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Co-Operative Fruit Growers

Penticton, B.C.
ANNOUNCEMENT

To our Customers:

We regret to announce that owing to the extra heavy demand for our products we are entirely sold out of everything on our 1918 price list except: Peaches (Freestone), at \$1.25 per 20-lb. case; Winter Apples, at \$2.00 per box; Tomatoes, at 95c. per 20-lb. case; and Cucumbers, at \$1.00 per 20-lb. case.

We still have a reasonable supply of these and will endeavor to fill all orders reaching us before September 1st.

A. J. FINCH, Manager.

Canada Food Board License 3-797.

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House of
McLean
Values

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McLean

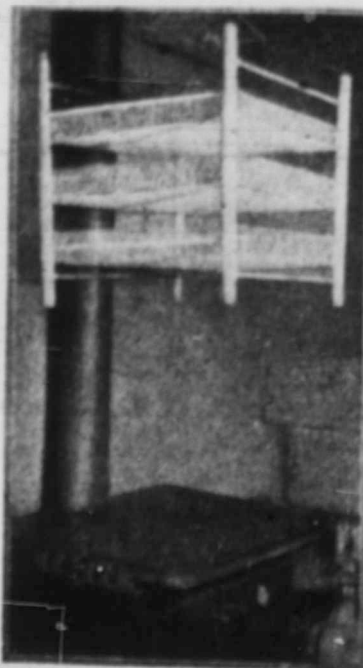
THE WEST'S GREATEST MUSIC HOUSE
The Home of the Harpman & Co.
Pianos and the Victrola
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eight to one-quarter inch thick. Beets should be blanched long enough to loosen the skins, the skins removed and the beets cut into one-eighth inch slices. With cabbage, remove the outside leaves and split the cabbage through the middle. Remove the woody core and slice the cabbage into thin strips, using a knife or scissors. In drying potatoes, they should be boiled or steamed from ten to fifteen minutes, depending upon the size. Then remove the skins and slice in one-eighth inch slices. With pumpkin and squash, pare and cut them into one-half inch strips. Corn is blanched and the kernels then removed from the cob. Fruits with stones may or may not be pitted. Peaches are usually dried unpeeled with stones removed. Plums are prepared in the same manner.

When the vegetables are sliced, place on the trays, being careful not to have too many on a tray. If there are too many on a tray they do not dry evenly. Watch the temperature carefully so that the products do not harden on the outside before drying on the inside, and above all be sure that they do not scorch, this entirely destroys the flavor. Turn occasionally to ensure uniform drying.

Conditioning

After the products have dried the required length of time the conditioning stage follows. Place the products in



Dry Over Range or in the Attic

paper or muslin bags or boxes, once a day for three or four days pour the contents from one box or bag to another, so as to give the whole mass of vegetables or fruit an even degree of moisture; if there are any bits not sufficiently dry return them to the drier.

Storing

It is not necessary, but preferable, that these dried products be kept in tin cans or other moisture-proof containers. These should be kept in a dry, cool, well ventilated place. I have kept dried peas in a paper bag in the pantry all winter.

Beet Tops, Celery and Rhubarb

Beet Tops—Tops of young beets in suitable condition for greens should be selected and washed carefully. Both the leafstalk and the blade should be cut into sections about one-quarter inch long, spread on screens and dried. Swiss chard and celery should be prepared in the same way as beet tops. Celery also may be prepared in the same way as pumpkins and summer squash. Rhubarb—Choose young and succulent growth. Prepare as for stewing, by skinning the leafstalks and cutting into pieces about one-quarter inch to one-half inch in length. Do not use the blade of the leaf.

All these products should be "conditioned."

Fruit

Plums—(a) Plums are not peeled, but the pits are removed, the fruit being cut into halves and dried in the same way as peaches. (b) Select medium-ripe plums, cover with boiling water, cover the vessel and let stand twenty minutes. Small, thin-fleshed varieties are not suitable for

drying. Drain, remove surface moisture and dry from four to six hours. Apricots are handled in the same way as plums. Peaches usually are dried unpeeled, but they will be better if peeled before drying. (a) Remove the stones, cut the fruit into halves, or preferably into smaller pieces, and spread on trays to dry. (b) Cut in halves, pit, lay in trays pit side up, and dry at same temperature and for same length of time as apples. Peaches should be packed carefully and "conditioned."

Celery, Parsley, Mint, Sage

Celery tops, parsley, mint, sage and herbs of all kinds need not be blanched, but should be washed well and dried in the sun or near the stove, making sure they are well protected from dust and insects. All these are excellent for flavoring soups, purées, gravies, omelets, etc.

Peas and Beans

Shell full grown peas, pass through a meat grinder, spread on trays and dry. Whole peas take longer to dry, but when cooked resemble fresh peas. The peas that are put through the grinder may be used for soups, etc. "Condition" and pack.

All kinds of beans can be dried. Wash, remove stem, tip and strings if there are any. Cut or break into pieces one-half to one inch long. Place on trays and dry. After the beans are prepared as above they may be threaded on coarse, strong thread and hung over the stove or out of doors until dry. Beans are very good salted. After the beans are picked, wash well, but do not remove tips or stem. Put a layer of beans in a crock, sprinkle well with salt, add another of beans, etc., until the crock is full. When wanted for use, soak over night, change the water several times. Cook without salt.

All dried vegetables must be soaked several hours before using. It is better to soak them over night, with the exception of peas and beets, three or four hours will do these. Soak the peas in soft water if possible.

The Country Cook.

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With the new on the women of rapidly increasing behooves us to at us intelligently, bettering of homomunity life. It efforts to do the way. In the is this demonstrat group of worker farmers must have can rope success lined business organizations. If and greatest in then why should recognized as an of the determin our laws, assisti cal conditions, thering educatio the good of all. As the Women Growers' Assoc part of the G ation. We are in every way pe in business if a ment of the e each other solv and we need the With the sincer tion of all—n working with a fluence cannot

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