

In the Fruit Season.

FRUITS for canning or preserving should be cooked in a granite saucepan or kettle, never in one of iron or tin. It is important to observe this, as fruits contain more or less acid, which tends to act upon tin or iron when exposed to the air. It is well to have a wooden spoon for stirring the boiling fruit. Before beginning the preserving season, look over the cans and see that the covers are in good condition, and that a sufficient supply of rubber bands is at hand. It is better to use new rubbers each season, as they give an added security out of all proportion to the trifling cost. In testing the cans, fill them with warm water, screw on the tops tightly, and invert the cans for half an hour. If any water escapes, they are not air-tight.

The principle on which the successful canning of fruit depends is that the germ life be destroyed, and the air, which would introduce such organisms, be excluded. Perfectly sterilized fruit, put up in sterilized, air-tight cans, may be kept in good condition without the addition of sugar, but as the fruit is to be sweetened before it is used, the sugar is usually added in the canning process. For either canning or preserving—the difference is in the amount of sugar used and the length of time of boiling—select fresh ripe fruit, not so ripe, however, as to have lost any of its firmness. Over-ripe fruit loses

its shape, and is more likely to ferment unless it is thoroughly boiled.

General directions for canning call for one pound of sugar to three pounds of fruit, although some fruits will require a little more, and others, like huckleberries, are sweet enough to do with very little sugar. To each pound of sugar add two and a half cups of water, or three for the less juicy fruits, and boil for ten minutes to make a thin syrup. Add the fruit and cook until it is soft. The harder fruits, pears, quinces, and the like, may be boiled separately until nearly soft, then added to the syrup to finish cooking. By the time the fruit is finished, have the jars sterilized by the use of boiling water. A thorough method is to wash the jars, fill them with cold water, place them uncovered in a boiler with slats laid across to keep them off the bottom, pour cold water around them, and bring to the boiling point. Fill the cans immediately after emptying them of the hot water. Drop the covers into the boiling water, before using them. Fill the jars with the fruit and syrup, pouring on enough of the latter to overflow. Run a spoon around between the fruit and the inside of the jar, to let the pieces settle into place, and any imprisoned bubbles of air escape. If there is not enough syrup to overflow the jars, add sufficient boiling water. At once put on the rubbers, and screw on the covers. When the jars have cooled, give the covers another



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turn or two, to make sure they are air-tight.

If the fruit is to be preserved, make a rich syrup by boiling from two to three pounds of sugar with three cups of water, for every four pounds of fruit. When the syrup reaches the boiling point, skim it and add the fruit to cook until soft. Put in sterilized jars, and seal air-tight.

Plums, small pears, and other fruits canned whole will keep their shape better if only a few are cooked at a time. For the same reason raspberries and strawberries are sometimes canned without actually boiling. Pick over the berries and discard any jammed or over-ripe berries. Strawberries should be washed and drained, but raspberries are the better of as little handling as possible. Fill the sterilized cans with the berries, and over them pour a syrup of sugar and water boiled for a few minutes, or add the sugar direct to the berries if you prefer canning them in their own juice. Put the tops on lightly, set the cans on a trivet in the bottom of a kettle of water, or on slats in the boiler, bring to the boil, and cook for ten minutes, adding more fruit as the berries settle, until each can is full to the brim. Screw on the tops and rubbers, and cook about five minutes longer. When the cans are removed from the kettle, wrap them in a cloth to prevent too sudden cooling.

All fruits should be wiped before being pared. Cherries may be canned without pitting, the stems being removed. For pitting cherries, a hair-pin (sterilized in boiling water), is a convenient instrument, the bent part of the pin being used as a hook. Peaches and tomatoes may be peeled more readily by covering them with boiling water, and letting them stand a few minutes. To can tomatoes for soup and other uses without sugar, remove the skins, cut the fruit into pieces, and cook in their own juice; skim the surface, and fill the jars as in canning other fruits.



NO. 5823.—A BERTHA DRESS.

A very dainty little frock is shown in the accompanying illustration. The waist portion is supported by a fitted lining, and blouses slightly all round. A fancy bertha is a pretty feature of the model. It outlines the square-cut neck and falls gracefully over the short puff sleeves. The skirt is abundantly full and may be shirred two or three times around the top or simply gathered and attached to the waist. Madras, gingham, wash poplin, cashmere and the checked materials are all suggested for the making. For a girl of 8 years, 4 yards of 36-inch material will be required. Sizes for 6, 8, 10 and 12 years.



NO. 5835.—BOY'S DRESS WITH KNICKERBOCKERS.

No better style for the little man who has just been promoted from dresses into trousers can be found than this simple little suit. The pattern consists of full knickerbockers and a long blouse that may be worn with or without the removable shield. Tan colored serge was used with good effect for the development, a strapped band of broadcloth in a lighter shade outlining the neck and front edges. A belt of leather or of the material may be worn about the waist. The design is excellent for the washable fabrics such as linen, gingham and pique. For a boy of 4 years, 1 7-8 yards of 54-inch material will be required. Sizes for 2, 3, 4, 5, and 6 years.

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