

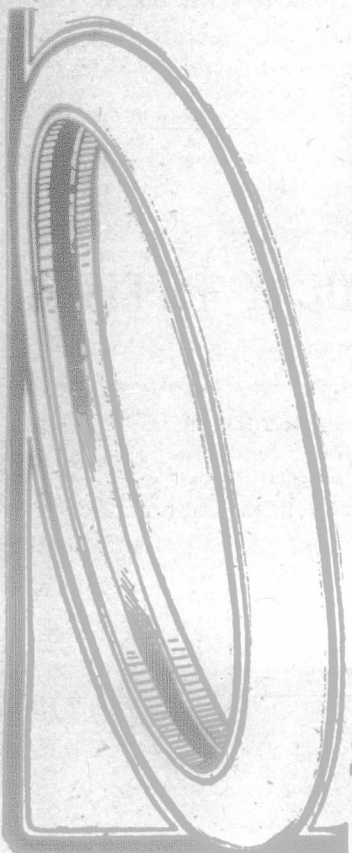
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Canning The Later Fruits.

FOLLOW general directions given in June 17th issue of this paper, adding to them the following:

Pears.—Wash, pare if you like. May be canned whole, or in halves or quarters. Blanch 1½ minutes, pack in jars, fill up with thin syrup and sterilize (boiling hard) 20 minutes.

Apples.—Pare, core and cut in halves or quarters. Blanch 1½ to 2 minutes, pack, fill up with thin syrup, sterilize 20 minutes.

Crabapples.—Pare and core, do up whole or in quarters. Do not blanch. Pack, fill up with thin syrup or just hot water, sterilize 16 minutes.

If no sugar at all is used, it may be well to sterilize for 30 minutes. In all directions quart jars are used.

* * * * *

Tomatoes.—Remove skins after blanching and cold-dipping. Blanch 1½ minutes, pack, fill up with warm salty water. Sterilize 22 minutes.

Brussels Sprouts.—Cut into sections and remove core, blanch 5 to 10 minutes, pack, fill up with warm salty water, sterilize 2 hours.

Mushrooms.—Blanch 5 minutes, pack, fill up with warm salty water, sterilize 1½ hours.

Eggplant.—Blanch 3 minutes and remove skin, slice and pack, fill up with warm salty water and sterilize 1 hour.

Squash.—Remove seeds, pare, and cut into bits; blanch 5 minutes and scrape after the cold-dip; sterilize 2 hours.

Drying Vegetables.

IN previous articles in this paper, the modern method of blanching vegetables and some fruits before canning, was emphasized, and the method given was to put the product into a wire basket

or piece of cheesecloth, lower into boiling water for a certain number of minutes, then remove and plunge into cold water for a moment, after which the product is packed in jars, covered with syrup or salty water, as the case may be, and sterilized.

Now blanching is a very important feature in drying vegetables, but, as pointed out by Grace Viall Gray in her book *Every Step in Canning* (Forbes & Co., Chicago), steaming has been found better than hot dipping for all vegetables that are to be dried, presumably because less water adheres to the product and so drying is not retarded. Its uses are: 1. To remove too strong flavors and odors that sometimes develop during the drying process. 2. To remove all sliminess and adhering bacteria. 3. To soften the outside coat and make the drying more speedy. 4. To destroy the ripening process by heating. 5. To kill any adhering insect eggs. 6. To prevent changes after drying. 7. To start the color flowing.

Miss Gray warns, however, that the blanching must not be too strong. Put the product in an ordinary steamer, or in a colander supported over a kettle of water so that it will not touch the water; steam for the necessary length of time, then at once cold-dip in a large pan of cold water; leave for just a moment then remove, drain and dry. The drying may be done on racks covered with non-rust netting in the sun on hot, dry days, or it may be done on plates in a slow oven (with the oven door open), or in any good commercial dryer. The chief thing to remember is that the drying should be steady. Fruits are dried only until they become leathery; vegetables must be dried until they are brittle and snap. When they seem dry enough pack them in boxes, but once a day for 3 or 4 days pour from one box to another. This is called "conditioning." By it you can at

once detect any traces of moisture, in which case the product should be returned to the drying tray for a short time.

After the conditioning place the vegetables on trays and heat in the oven for half an hour at a temperature of 140 degrees F., then store at once in closely-covered jars or tightly-tied bags. Keep closely covered to exclude light.

Time for Blanching, Etc.

Corn.—Prepare, steam on the cob for 15 minutes, cold-dip, dry between towels, cut grains off half-way to cob, then press out the remainder of the grains carefully. May place for 10 minutes in the oven and finish drying in the sun, or dry wholly in the oven, leaving the door open.

Beans.—Prepare as for the table. Blanch by steaming 3 to 10 minutes according to tenderness, cold-dip, and dry as for corn. Sometimes the tips and strings only are removed, the whole beans are then strung on cord and dried over the stove or in the hot sun.

Peas.—Shell, blanch 3 to 5 minutes, cold-dip and dry in single layers.

Very young sugar peas may be dried with the pods on. Cut in bits, blanch 6 minutes, cold-dip, press between towels, then dry as usual.

Beets.—Use very young, tender beets. Steam 20 to 30 minutes, cold-dip, peel and slice, then dry.

Carrots.—Blanch 6 minutes, cold-dip, slice, and dry as usual.

Onions.—Hold under water and peel, to prevent smarting the eyes. Slice, blanch 5 minutes, cold-dip and dry.

Cabbage.—Slice fine as for the table, blanch 5 to 10 minutes, cold-dip and dry.

Parsley, Spinach, Beet-tops, etc.—Wash, steam until soft, cold-dip, and dry.

Potatoes.—Wash and boil or steam until nearly done. Peel, put through a food chopper and dry.

If one has a good cellar one will not need to resort to drying; but where there

How's this for a field of FALL WHEAT early in the Spring?



AN actual photograph, taken May 27th, 1920, on the farm of Martin Bros., near Welland. The wheat is in the head-forming stage—a very advanced condition for the time of the year.

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is no cellar, or storage room is very small, the plan may very well be made use of. Be sure to keep all dried products in a dry place, tightly closed, and where mice cannot reach them.

Lizards and Toads Wanted.

Lizards and toads by the thousands are being sought and employed in the production of sugar cane in the West Indian Islands. They have proved to be the best means for combating the froghoppers which have long infested the cane fields and greatly curtailed the sugar crops.

A few years ago so great had become the damage to the cane by the hoppers that entomologists and mycologists were called upon to study the situation and devise methods to prevent the destruction which had caused the loss of thousands of dollars annually to the sugar growers. A remedy was quickly discovered. In the districts badly infested by the froghoppers there was an almost total absence of lizards, frogs and toads. To introduce these creatures and to encourage their increase was obviously necessary to save the sugar crops. Lizards were obtained from other parts and liberated in the cane fields with the result that the froghoppers have almost entirely disappeared, the canes are flourishing and the sugar yield has largely increased in quantity and improved in quality.

On the island of Trinidad there is today a veritable lizard farm which has all the equipment for the successful breeding of these none too numerous members of the reptile family which are now known to be indispensable to the sugar planters. In addition to this enterprise a wider search is being made for toads to help increase the world's sugar output.