



America—a Westclox alarm

THE *America* paved the way for Big Ben's success. Thirty-four years ago it was the only Westclox alarm. It entered the field as the unknown product of an unknown maker and pushed to the front on sheer merit.

Bringing out other Westclox did not dim its success. America still tops the sales record.

Trim, alert, honest, this clock laid down a policy which has stood the test of time. A policy all Westclox follow—quality.

We are proud of *America* and of the construction principle that America pioneered which stands back of Westclox success: needle-fine pivots of polished steel that reduce friction. *Westclox*, on the dial and tag is the mark of a faithful timekeeper.

Western Clock Co., Ltd.—makers of Westclox
Peterborough, Ontario

Where Is Your Money?

One farmer kept his savings at home. His house was burned—and the money with it.

Once a woman hid her dollars in a hole in a tree—and squirrels ate it.

The safest place for money is the bank, where it accumulates interest in the savings department.

Open an account with this Bank to-day.

THE DOMINION BANK

Boys and Girls

—Do you want some money? You can earn it by acting as agents for THE FARMER'S ADVOCATE AND HOME MAGAZINE. Turn your spare time into money. Address:

THE WILLIAM WELD CO., LIMITED, LONDON, ONTARIO

they are clean and glittering. Do not dry with a cloth. In the cold pack and oven methods the jars do not need to be sterilized, as they will sterilize during the canning process.

Preparing Fruit and Vegetables.—Select only firm fruit or vegetables in perfect condition. Over-ripe fruit becomes too soft. Fruit or vegetables from which decayed spots have been cut are likely to be already reeking with the very sources of spoiling which the cook is trying to get rid of. All vegetables are the better of being blanched. To do this put the product into a wire basket over which a piece of cheesecloth has been stretched and lower into a kettle of boiling water, leaving from 3 to 6 minutes, then take out and plunge into cold water; when cooled, drain. This will remove sliminess and any bacteria on the outside.

PROCESS.

Have the rubbers adjusted on the jars, and the tops ready in a kettle of hot water. Pack the fruit or vegetables into the jars; fill up with hot syrup or hot salty water as the case may be; put on the glass tops. If screw tops are used do not tighten the metal rings down; if spring tops are used do not tighten the bales. Place the jars on rack in boiler, which should have hot water to come almost to top of jars. Put on the boiler lid and boil for the length of time needed for the particular product that is being canned. When done remove, tighten the tops, invert until cool, so that if the seal is not perfect you can correct the fault before storing. Store in a cool, dark place.

SUGAR NOT NECESSARY WHEN CANNING.

Sugar is *not necessary* to make canned fruit keep. That is a somewhat comforting assertion this season, when sugar promises to be so "dear." The fruit may be "put down" perfectly well without it, and the sugar added when the product is needed next winter or spring, when, perhaps, it may be cheaper. If not corn syrup may be made to do duty, on a pinch; or, if one has bees, honey may be used,—it is nutritious as well as sweet. When canning without sugar it is only necessary to remember that every crevice of the jars must be filled up with liquid. For this reason juice must be created to fill up by stewing some of the product in a kettle, adding water if necessary. Keep this juice as strong as possible and use exactly as you would use sugar syrup. When storing the jars away wrap each in brown paper, then put in a cool, dry, dark place. Fruit put down without sugar is especially likely to lose its color if the light is permitted to reach it. The sterilizing should last from 20 to 30 minutes.

SYRUPS USED.

Since, however, both flavor and color seem somewhat better if sugar is used at time of canning, it is well to make a syrup if the expense can be afforded.

Thin Syrups.—Take 3 cups sugar and 2 of water. Just heat until sugar is dissolved. Use for apples, cherries, pears, or for fruits to which more sugar will be added before serving.

Medium Thin Syrup.—Make as above, but boil 4 minutes. Use for raspberries, peaches, blackberries, currants.

Medium Thick Syrup.—Boil the syrup until it will pile up a little over the edge of the spoon when it is tipped. Use for sour or acid fruits, e.g., gooseberries, plums, sour apples, and some of the delicately colored fruits, such as strawberries.

Thick Syrup.—Boil the syrup and water until it cannot be poured from the spoon. This is used for rich preserves.

CANNING THE EARLY FRUITS AND VEGETABLES.

Get the utensils ready. Place the berries, cherries, currants, etc., in a colander, and pour cold water over to rinse. Pack into the hot jars, pressing down a little with a big spoon. Dip the rubbers in hot water and adjust on jars. Pour the syrup needed (see above) to fill jars. Put tops of jars on loosely. Sterilize about 20 minutes in boiler. Tighten tops, invert to test. When cool store in a cool dark place.

Rhubarb.—Select tender stalks and leave the pink skin on. Pack in jars (you may hot-dip for a moment to remove some of the acid if you like), fill up with medium thin or medium thick syrup and sterilize 20 minutes.

Asparagus.—Blanch the asparagus, while tied in bundles (after removing woody ends) by putting in the wire basket and dipping in boiling water, the

tough ends for 4 minutes, the tips for 2 minutes. Plunge at once into cold water and drain. Cut the strings and pack in jars. Fill up with hot salty water. Sterilize for 1½ hours in boiler.

Greens.—All greens, such as dandelions, spinach, lamb's quarters, pigweed, beet tops and Swiss chard can be canned. Wash thoroughly, steam in a steamer or colander about 15 minutes, pack in jars without adding any water. Sterilize 2 hours. If the greens have sagged fill up from one of the jars before sealing. Enough salt to flavor may be sprinkled among the greens when steaming.

Special Recipe for Strawberries.—Prepare ripe, sound berries. To each quart of berries add half a pound of sugar and 2 tablespoons water. Boil slowly in an enamelled kettle for 15 minutes. Take off, cover, and let stand over night. Next day pack the berries in hot jars. Sterilize as usual in the boiler for 8 minutes.

Your Health.

BY "MEDICUS."

What to do till the Doctor Comes.

HEMORRHAGE.

Nose Bleed.—Nose bleed, unless severe, stops of its own accord. Avoid holding your head over a basin of water, because this position interferes with the return of the blood from the head, and this tends to increase the bleeding. It is better to lie on your side and hold your nose pinched together with your fingers. The bleeding spot is usually on the septum or partition between the two parts of the nose. . . . If this does not succeed, dilute ordinary peroxide (hydrogen peroxide) with 3 or 4 parts of water, soak some absorbent cotton and pack it into the nose. This will usually stop a very severe nose bleed.

Hemorrhage from an injury to an artery.—If the blood spurts, an artery is cut and you should apply a tourniquet between the bleeding point and the heart. A stout handkerchief or rope twisted tight around the limb will serve as a useful tourniquet.

Venous Hemorrhage.—If a vein is cut the blood wells up and causes a continuous flow of blood. In that case apply the tourniquet on the distal or far side of the hemorrhage. I only saw one case of bleeding of this kind. A stout old lady with varicose veins injured her shin, cutting a vein and causing a hemorrhage.

I remember a neighbor of ours, a carpenter, who was working with a board on his knee, and the chisel accidentally went through the board and cut his thigh. The sharp chisel severed the femoral artery and he died in a few minutes before the doctor got there. His life could have been saved if some one had taken anything, a towel, rope or anything, and twisted it tight with a stick around his thigh.

CUTS AND BRUISES.

Apply tincture of iodine (ordinary iodine) freely to the cut or bruise, and to the skin round about. Make it a dark yellow color. Apply clean, dry cloths, preferably recently ironed, and bandage. Don't wash it up nor apply carbolic acid or "healing ointments." Iodine is not poisonous when used on the raw flesh, like carbolic acid, and is decidedly superior to peroxide.

FRACTURES.

The only thing to avoid is changing a simple fracture into a compound fracture. In other words, don't allow the fragments of the bone to puncture the skin. Once the skin is broken, the patient's condition is much more serious. The end of the bone becomes infected with germs and then part of the bone dies and causes a running sore that may take months to heal. The best thing to do is apply a splint—a narrow board, a cane, an umbrella, anything that will prevent movement of the fragments—and bind the limb securely to your temporary splint. This will hold until the doctor comes and puts on splints properly. Of late years there is a tendency not to keep the limb in the splints the full six weeks, because of the danger of stiffness. At the end of 4 weeks the splints may be removed and massage rubbing may be used.

FAINTING.

Whiskey is not needed. It may do actual harm. Neither is smelling salts of much value. Camphor rubbed on the forehead is pleasing to smell, but does not help the fainting any. The patient faints because there is not enough blood in the

brain and Nature away—that is her words, Nature makes then the blood has to the brain. So head. If he feels his head between actually fainted to do. As soon as blood gets to the

CONV.

If the baby has a boiler or tub of hot—a little warm—about 120 degrees, the unfortunate boiler with water, a small blanket, a blanket and grad water. Leave in then rub dry and cold cloths to the not caused by work child may be cutting convulsions, but the of the convulsions. very well that if convulsions your child fits practically all from the time they 6 months till they You know very well cover accidentally a tooth, and you indication that a ordinary had happened indicate that you baby properly. deficiency of calcium this anon.

Practical Hing Gar

BY WAR

PROBABLY many insect pests as there were t New kinds are There are two kind haunt the garden classify them, the able to deal with the juices from the kind eats the leave ing insects are got poison on the pl upon. The suc reached in this ma a contact spray. made into an emu smoothers the insect

The standard arsenate of lead, washed off by the arsenate will sti packages may be stores and the po the rate of six ou water.

To be candid, use of arsenate of seems safer to use ous, even though cents more. Th used only on my fr

THE MOST EFF
There are severa ket which may be form, and which, will not harm ste They come in sm which have perfor dusters. When la chased, a duster m a few minutes by of a coffee can full two-thirds to the and you will find apply the powder prietary remedies as Paris green, eve aid in preventing

Hellebore is a r be used to some ext it soon loses its being exposed to currant worms app bore is very usefu spray, an ounce to or mixed with a on the leaves when The currant worm bottom of the plan that he may do a before he is discov is anticipated. H all his tribe, but two weeks later, s Perhaps more c