

EXPERT TELLS HOW PROPER CANNING OF VEGETABLES HELPS

Women May Contribute to
Patriotic Service.

SAVE PERISHABLE GOODS

'Intermittent Method' Fav-
ored by Lecturer as Bringing
Better Permanent Results.

An urgent appeal for patriotic service through preserving perishable products and thus doing a part in the conserving of the food supply of the Allies was made yesterday afternoon by Miss Powell, domestic science expert, in the course of her introductory address to the three days' short course in canning fruits and vegetables, which she is giving this week in the Lord Roberts school, under the auspices of the Women's Gardening Association. Emphasizing first the point that conservation is every bit as patriotic a responsibility as greater production, the lecturer demonstrated, through a series of products for home consumption, in order to release the goods for use in the training camps and hospitals.

It takes one pound of potatoes and six ounces of sugar to make one quart of potato soup, said the lecturer, adding, and these men must have what they require.

Driving home imperative need for thrift in the use of all food supplies, Miss Powell quoted a statement made some time ago to the effect that the world's supply of food is 150,000,000 bushels short of the normal crop to feed the world until the new crop.

Millions in importations. In connection with thrift suggestions, she commented upon the large amount of fruits and vegetables which are annually imported to Canada, \$10,000,000 worth in a year, including 12,000,000 pounds of peaches alone. She urged not only home production, but the buying of home products and also drying out others, at least as a war measure.

When you spend a dollar on fruit grown in this country, you have both the fruit and the money in the country, she said.

During the demonstration which followed of canning peas and vegetables, the expert gave much general advice in regard to canning fruits and vegetables and specific instructions for the canning of strawberries, cherries, beans, asparagus, corn, tomatoes, peas, the vegetables by both the intermittent and one day methods, and also drying pumpkin and squash for winter use.

The 'intermittent method' of canning vegetables, stated the demonstrator, is preferred on the ground that permanent results are more sure than with the one day method.

By the intermittent method, the process of sterilizing takes three days in succession, insuring the destruction of injurious bacteria.

Among general points emphasized were the proper seasoning of new glass jars, sterilization of jars, tops and rubbers before using, and making sure that glass tops have no flaws or cracks which will admit the air.

To season new jars, said Miss Powell, "place them in a pot of water, bring to the boil and boil for fifteen minutes. This will prevent them cracking at any time afterwards with the heat."

"Concerning the seasoning of fruit," she continued, "I can fruits without cooking. All I do is to make a syrup by using one cup of sugar to two cups of water and boiling ten minutes, and pouring this over the fruit. This is packed in the jars. This saves great labor and preserves the natural flavor and form. Berries, grapes and white cherries and even gooseberries, can be done successfully in this way. In order to overcome the acid taste of the common cherry which catches the throat, preserve by putting a small amount of sugar over them and let stand for four hours or over night. Boil for ten minutes without adding water."

"If a heavier syrup is preferred than that obtained by boiling one cup of sugar to two of water for ten minutes, boil longer, say fifteen minutes, but do not add more sugar."

Ganning Rhubarb. A demonstration was given of canning rhubarb in cold water. The rhubarb was cut into inch length pieces, with the skin and top removed, and packed in a glass jar, filled to overflowing with water that had been boiled for ten minutes, then allowed to cool. "When the rhubarb is put away in the cold water," explained Miss Powell, "it must always be water that has been boiled." A fork was passed carefully around the inside of the jars as the next step in the canning process in order to exclude all air bubbles. After that, the top was screwed down tight.

To Can Asparagus. With regard to the canning of asparagus and peas, a demonstration being given of the latter, Miss Powell impressed first the importance of thoroughly blanching after washing in cold water.

"Blanching is necessary," she said, "in order to take away the slimy syrupy liquid that would form. Blanch by wrapping in cheesecloth, and putting in boiling water for ten or fifteen minutes. Pack in the glass jars, then, in the case of asparagus, the pointed space with boiling water. Put on or boiler to within an inch of the top, and boil one and a half hours. All vegetables which are blanched should



At the Patricia Theatre on Thursday, Friday and Saturday

Photoplay News

AT THE PATRICIA.

"The Night Workers" ESSAY.

By J. Bradley Smollen.

Ethel Carver Marguerite Clayton

Clyde Manning Jack Gardner

Mrs. Mitchell Helen Benson

Mrs. Mitchell Mabel Bardin

The Artist Arthur W. Bates

Night—the life artificial, its glamour

concealing its chaos of void. Into the

most remote districts the night-octopus

sends its tentacles, grasping at the rip-

pling life of its prey. The night-octopus

though nearly every family has its

night-workers, the day-world gives

little thought to the unnaturalness of

the existence.

At the Patricia, Thursday, Friday and

Saturday.

After blanching the peas for her

demonstration, Miss Powell plunged

them in cold water, then added to them

sugar and salt in the proportion of half

cup of sugar and half cup of salt to

ten cups of peas. They were then cov-

ered with boiling water and allowed to

simmer about twenty minutes. It was

stated that the length of time should

be "judged by the age of the peas, some

requiring thirty minutes. Just before

filling the jars, a tablespoonful of lemon

juice was added to neutralize the acid

in the peas.

"Tomatoes, according to this expert,

cannot be canned before the third week

of September, owing to the fact that

after that time in the province of On-

tario, they develop an acid which

causes fermentation.

Pumpkin and Squash. The demon-

stration was a superior method of

conserving to canning. In the first

place, the dried pumpkin is rich in

sweetener, and has a better flavor, even

than fresh pumpkin. In the second

place, a saving of jars can be effected,

as the pumpkin or squash will keep in

the jars. The recipe given for drying was

as follows:

"Cut the pumpkin in dice, as for

cooking. Boil as usual, then press

through a colander. Spread on buttered

quarters of an inch thick. Leave it

where it will dry readily, and keep turn-

ing it. When it is dry, crisp and a golden

brown, it is ready to pack away. One

cup of sugar to two cups of water, and

boil for ten minutes. Pour this over the

pieces, and pack in the jars. This saves

great labor and preserves the natural

flavor and form. Berries, grapes and

white cherries and even gooseberries,

can be done successfully in this way.

In order to overcome the acid taste of

the common cherry which catches the

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A demonstration was given of canning

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EVEN PITCHING HAY TRIED BY TEACHERS, BUT IS TOO HEAVY

Girls Are, However, Busy
Among the Fruit.

ALSO GROWING POTATOES

Have Some Fine Patches in
the City and Near
Springbank.

Instead of spending the summer holidays in play, study and blissful leisure, in the care-free, ante-bellum days, of even satisfying conscience by taking a knitting class to a summer resort, a large number of teachers of the city staff are acquiring vigor and muscle work this summer, which makes them eligible for the title "daughters of the soil." Several joined the gardening brigade away back in the spring and are now busy with the growing of potatoes, and two of the leading members of the Women Teachers' Guild have "praty" patches on a vacant lot in the north end equal to anything to be found in the city. Working in pairs, they find it more sociable and encouraging to have a partner, and the day-world gives little thought to the unnaturalness of the existence.

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GEDDES IS NAMED ADMIRALTY LORD; CARSON'S SHIFTED

Ulster Leader Now In Cabinet
Without Portfolio.

CHURCHILL'S NEW OFFICE

One-Time Admiralty First
Lord Becomes Minister
of Munitions.

LONDON, July 17.—Sir Edward Carson has relinquished his post as first lord of the admiralty and joined the cabinet without portfolio, according to an official announcement of new ministerial appointments issued this evening.

Sir Edward will be succeeded by Sir Eric Campbell Geddes, who has been director-general of munitions supply. Winston Spencer Churchill succeeds Dr. Christopher Addison as minister of munitions, Dr. Addison becoming minister without portfolio in charge of reconstruction.

Edwin Samuel Montagu, a former cabinet minister, is made secretary for India.

One of the most acceptable appointments as far as the general public is concerned, is that of Mr. Montagu. He is one of the very few members of the coalition administration in which he was minister of munitions, to join the Lloyd George cabinet.

Montagu knows India.

Mr. Montagu has had considerable experience in the affairs of India, having once held the post of under-secretary of state for India. Later he has been in charge of large committees exploring the ground for reconstruction after the war, and he was the first to resign of J. Austen Chamberlain as secretary of state for India was announced. It was generally expected that Mr. Montagu eventually would become minister of reconstruction.

The necessity for finding a new secretary for India, however, caused a modification of plans. Mr. Montagu, who had been slated for the projected ministry of health, now becomes head of the reconstruction committee, which has been created into a kind of ministerial department.

Two Complete Surprises. The new cabinet appointments arising from the resignation of Mr. Chamberlain as secretary for India, and Andrew Bonar Law's desire to be relieved of his duties as minister of the small war cabinet, which he found incompatible with his heavy responsibilities, were the first of two complete surprises—the appointment of Sir Eric Geddes as head of the admiralty, and the appointment of Sir Winston Churchill as minister of munitions.

Much controversy has revolved for some time around the name of Sir Winston Churchill. It was stated some time ago that he was to be appointed as chairman of the air board, but the idea then contemplated by Premier Lloyd George was abandoned. Sir Winston's appointment now as minister of munitions was undoubtedly later a matter of course, but it was not until it was announced that he would be in the ministry, it was universally supposed that it would be as president of the air board.

Geddes' Remarkable Rise. The appointment of Sir Eric Geddes as first lord of the admiralty is an appointment of a kind which has not been made for many years. Until recently he was in charge of the naval construction, then he became controller of the admiralty, with charge of all naval construction. Such rapid rise to the position of which he is now appointed is quite remarkable, and another instance of how premier Lloyd George breaks with old political traditions.

The appointment of Sir Edward Carson to replace Bonar Law as the fifth member of the war cabinet is likely to create more uneasiness and stronger criticism among the older Liberals than any other appointment.

Preponderance of Conservatives. The war cabinet now in practice consists of only four men, Mr. Henderson, the Labor member, being still on a mission in Petrograd. Of these four, Mr. Lloyd George, Mr. Churchill, Mr. Curzon, Lord Milner and Sir Edward Carson are all Conservatives of the most extreme and uncompromising kind. The cabinet is thus a preponderance of Conservatives, and the influence of the Conservative party in the Government since Mr. Lloyd George took the helm, will be increased.

Sir Eric Geddes received much of his practical education in the United States, having been engaged in engineering in the south, and also at one time having a connection with the Baltimore and Annapolis Railway in Maryland, and the Northwestern Railway in England, and which he was at one time deputy-general manager.

He was created a knight in 1916.

FRENCH ADVANCED FOR OVER A MILE IN VERDUN SECTOR

Retake Lost Elements, Then Rush Two Trenches.

PARIS, July 17.—A powerful attack by the French this morning on the bank of the Meuse, resulted in the capture of German positions on a front of more than a mile and a half to a mile and two-thirds of a mile. The war office statement announced this gain says that the Germans of the Meuse valley are very little left in the counter-attacks.

DRY WEATHER NOW WILL SAVE THE CROPS

Outlook Not So Gloomy Where Land Is Well Drained.

BLITH, July 17.—While the heavy rains are causing considerable damage to the low fields which have been flooded for some time, crops are looking well on the well-drained land and dry weather now would bring chances for a good crop. There is very little hay in yet, and it will be some time before the ripe enough for cutting. Generally it is all cut by this time.

Misses Mary and Jean McMurtrie and Misses Pond and others, have gone to Beamsville, where they are engaged to help gather the berries for a farmer in that district. They have been there for three months, and they are not only picking berries, but are having the novel experience of helping with the hoe.

GERMAN MINISTER IS RECALLED FROM NORWAY

AMSTERDAM, July 16.—The Berlin Reichsanzeiger publishes an official announcement of the recall of the German minister to Norway.

Norwegian advices on June 27th announced the recall of Herr Michaelis and said he had been succeeded by Admiral Paul von Hinzp, former minister to Mexico and China. Herr Michaelis' recall was reported to have been requested as the result of the arrest in Norway of three Germans, one of them said to be a courier of the German foreign office, in connection with the recent conspiracy to blow up Norwegian ships.

The Sports Sweater Coats A Necessary Fashion

Aside from its utility, the new models and materials insist upon recognition by every woman who would be smart and fashionable. Here are a group of coats that are as stylish as any coats can be, in materials that are popular and practical, the very coats that will be needed many a summer day and evening, have just been received into stock. All are of the very highest class and have such smart touches of trimming, such beautiful large collars, and pockets that were intended to be useful. For summer idleness these sport coats come into their own, and this assortment affords practically unlimited choice for every requirement, for every summer pastime.



Now---The Slip-on Sweater for Sports

A very wealth of styles, in vivid colors, and the soft old blues and other old favorites that are always pretty and wanted

MERCEZIZED SWEATER COAT, with sash, square collar, silk buttons and side pockets; colors gold, shell pink, Kelly green, copen and sand, with white collar and cuffs. Price

SILK FIBRE COATS, fine weave, V neck, with sash and large crochet buttons; colors copen, champagne, also white, and rose, Kelly, gold and copen with white collar and cuffs. Prices

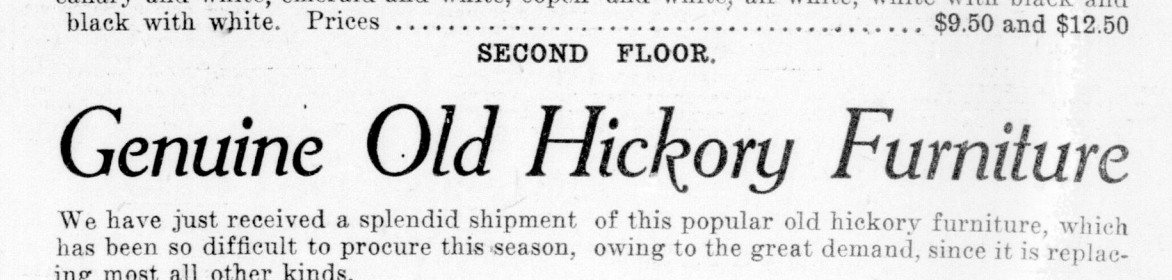
FIBRE SILK SWEATER COAT—Handsome coat of heavy silk fibre, in fine also honeycomb weave, with sash, large collar, crochet buttons and silk fastenings, in white with black and white stripe collar and cuffs, navy with navy and white, gold with gold and white, also emerald with emerald and white and myrtle with myrtle and white collar. Price

WOOL SWEATERS—New shipment of wool sweaters just in, wool jersey and fine ribbed wool, both have large collars and sash, all the new and wanted colors—rose and white, canary and white, emerald and white, copen and white, all white, white with black and black with white. Prices

SECOND FLOOR.

Genuine Old Hickory Furniture

We have just received a splendid shipment of this popular old hickory furniture, which has been so difficult to procure this season, owing to the great demand, since it is replacing most all other kinds.



Rustic Chairs, Rockers, Tables, Etc.

These Rustic Chairs, Rockers, Tables and Flower Stands are unexcelled for use on the lawn or porch or in the summer cottage. They are all hickory and every joint is nailed. Arm chairs and rockers. Specially priced at

30-inch Round-Top Tables at

Flower Stands, with holder at top and on shelf. Price, each

FURNITURE DEPARTMENT, THIRD FLOOR.

Vogue Rugs

Made of twisted grass closely woven with heavy cotton warp:

Size 27x54 inches. Price

Size 36x72 inches. Price

CARPET DEPARTMENT, THIRD FLOOR.



Afternoon Tea Specials. Sliced Tomatoes and Lettuce with Mayonnaise. Lemon Jelly with Whipped Cream.

Two New Senators Are Introduced at Ottawa

Senator Plante Has Never Before Been East of Rockies.

[Special to The Advertiser.]

OTTAWA, July 17.—Two new senators were introduced into the Upper House tonight. Senator Albert E. Plante of Nanaimo, B.C., and Senator L. W. Shatford of Vancouver. Senator Shatford is a native of Nova Scotia, having been born in Halifax. Senator Plante is a native of Australia and this is the first time that he has been east of the Rocky Mountains.

GERMANS LOOT BANKS OF ST. QUENTIN CITY

Carry Off Private Account Books, Notes and All.

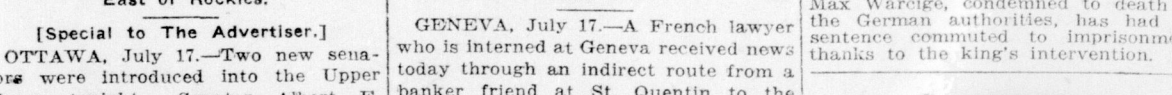
GENEVA, July 17.—A French lawyer who is interned at St. Quentin in the effort that the Germans recently forced the safes of all the banks in St. Quentin and stole the contents in money, notes and securities, and even the private account books, which were sent to Germany. The operation was carried out before the eyes of the bank directors and employees, who refused to open the safes.

YOUNG TORONTO GIRL'S DEATH BRINGS ON PROBE

TORONTO, July 17.—Florence Cook, a pupil at Harbord Collegiate School, died recently in Western Hospital from septicemia and heart trouble, according to the death certificate, 29 hours after she was admitted, and was buried in Mount Pleasant Cemetery. On information supplied the chief coroner in the girl's aunt, the body was exhumed last Saturday and taken to the morgue for a post-mortem examination, and an inquest will be held. Further disclosures are expected in the present referred by the police.

ALFONSO HAS INFLUENCE WITH GERMAN KAISER

MADRID, July 17.—King Alfonso has been advised by the Spanish minister at Brussels that a lawyer from Namur, Max Warlock, condemned to death by the German authorities, has had his sentence commuted to imprisonment, thanks to the king's intervention.



DODDS' KIDNEY PILLS

FOR RHEUMATISM, BRISTLE'S DISEASE, DIABETES, ETC