

A Positive Luxury in Infusion

Pure Tea, without admixture . . .
of Any Kind, foreign to its growth.

"SALADA"

has the reputation of nearly a quarter of a century behind every packet sold



Uses of Waste Apples.

In these days when the world faces an increasingly serious food shortage it is unwise to overlook and resources that will add good nourishing food to the depleted supply. In many countries that percentage of cull or cider apples runs fully one-third of the total, and it is frequently estimated that hundreds of tons of such apples are wasted each year.

While a portion of the larger culls may be evaporated to excellent advantage, the most practical way of diverting this enormous waste into good food is by pressing. Practical by all the valuable and nutritive elements of fruits are contained in the juice. The other part consists largely of cellular tissue and is of little value except to retain the juice, which in ripe apples runs as high as ninety per cent.

A modern hydraulic cider-press will extract an average of a little more than four gallons of cider from each bushel of ordinary culls. This juice is readily converted into a variety of food products that are not only appetizing and nourishing, but most of them are in concentrated form convenient to market and easy to preserve.

Cider vinegar, boiled cider, apple syrup, apple jelly, apple butter and pasteurized cider are all in active demand and can be sold at a better net profit than is usually obtained from the apples in a fresh condition.

Even the pomace need not be wasted. It is being used extensively as feed for dairy and beef cattle, and for hogs and sheep. Many pronounce it equal to ordinary corn silage. Pomace also has a distinct value as jelly stock because of its pectin content which is not impaired by drying. Frequently the pomace is pressed a second time, the resulting juice being used for making vinegar or jelly.

A Temperance Health Drink

Pasteurized cider is highly recommended as a temperance drink by eminent physicians and scientists. It is a tonic as well as a nutrient, containing natural salts and acids of special value in the correcting of stomach complaints and liver and kidney trouble, and can readily be made available as a delightful home beverage year around. Chemical preservatives should be avoided, but pasteurizing to 160 degrees for two hours and sealing tight is effective.

One of the staple food products from waste apples that is in universal demand is cider vinegar. Pure cider vinegar commands a premium on the market.

In the process of transforming cider into vinegar, two distinct fermentations take place. First is the vinous or alcoholic fermentation which is the changing of the sugar of the cider into alcohol, caused by the action of certain natural yeast bacteria. Second is the acetic fermentation by which the alcohol thus formed is changed to vinegar acid or acetic acid. The alcoholic fermentation may be accelerated by the addition of yeast, using a cake to each five gallons, dissolved in warm water before adding. The acetic fermentation is also aided by the addition of good vinegar containing some mother of vinegar.

It is important to allow plenty of room for air in the barrel during all stages of fermentation and also to maintain the temperature between 60 and 80 degrees. Care should be taken not to start the second fermentation until all the sugar in the cider is changed into alcohol, otherwise the change to vinegar will be retarded.

There exists in this country a potential market for boiled cider that would consume ten times the amount now produced if the product could only be obtained. Boiled cider is the fresh juice concentrated by evaporation in the ratio of five gallons reduced to one. In this form it will remain in a perfect state of preservation for years. It is dark brown in color and of a syrupy consistency. It has an extensive use both commercially and in the kitchen, being especially desirable for making mince-meat and apple butter, as well as having a multitude of other culinary uses.

By continuing the evaporating process until the cider is reduced to the ratio of seven to one the product becomes jelly.

A Home-Made Sugar Substitute

Sugar and sugar products are scarce and high these war times, and a practical use of the generous sugar content of apples is therefore especially acceptable. An extensive series of experiments by the U. S. Department of Agriculture resulted in the development of a method of making apple table syrup which produces an attractive article of very fine flavor.

The process is as follows: Stir into seven gallons of sweet cider five ounces of powdered calcium carbonate—a harmless, low-priced chemical—and boil in a large kettle five minutes. If a large vessel is not available the cider may be boiled in batches. After boiling, pour the cider into glass jars, and allow it to settle until perfectly clear, which requires about seven hours. Return the clear liquid to the preserving kettle, being careful not to pour off any of the sediment. Fill the vessel only about half full, as it foams up when boiling. Add a level teaspoonful of the calcium carbonate for the seven gallons of liquid and boil rapidly until a temperature of 220 degrees is reached, or until it is about one-seventh of the original volume and the consistency of maple syrup when cooled rapidly and poured from a spoon.

To insure clear syrup the cooling must be done slowly. A good way is to set the jars of syrup in a wash-boiler of hot water and allow the whole to cool. Use this syrup like any other table syrup, and as a flavoring adjunct. Also as sauce for puddings and for making brown bread, fruit-cake, candy, etc.

Hints to Housewives.

You can keep the print, percale oringham house dresses looking like new if you add a teaspoonful of turpentine to the rinsing water.

There is nothing better for removing spots from a rug than the use of ammonia.

Left-over vegetables are good used for vegetable soup.

Excellent polishing-cloths are made from old velvet.

There is more heat in hickory wood than in any other kind.

To fry fish properly they should be put into boiling fat.

Skimmed milk and corn bread butter are a nourishing lunch.

A weak solution of chloride of lime will remove peach stains.

If pantry shelves are painted white they will be easily kept clean, and will look attractive.

The bone should be left in the roast; it will keep the juices in and add flavor and sweetness.

Those who are prone to neuralgia and rheumatism will find relief by adding a little oil of turpentine to the warm bath.

Pepper should be used in dishes of vegetables, cheese, eggs, fish, or meat, but paprika is probably preferable with cheese.

Use meat one day and the gravy or soup the next. A good gravy, with mashed potatoes or boiled rice, will take the place of meat admirably.

A cream cause, made of a pint of milk, spoonful butter, tablespoonful flour, well cooked, seasoned with salt, and spoonful of onion juice, and poured over a plate of dry toast, is a tasty supper dish.

Serve left-over vegetables au gratin in ramakins covered with white sauce, sprinkled with cheese and browned in the oven.

When making cocoa, butter the inside of the double boiler to prevent the cocoa from sticking to the kettle.

Clean the saucepan which has had melted paraffin in it by filling the pan with hot water. Then allow the water to cool. The paraffin will form a thin sheet on top of the water and is easily lifted off.

Make home-made candy of the children's favorite kind, to take along when you are going to the country fair, so they will not be tempted by the colored candies, pink lemonade, ice-cream cones, etc., of doubtful make-up, sold by the fakery.

To make vinegar: Save the fruit parings, boil them in just enough water to cover them, strain, and set away to ferment, adding to them a piece of vinegar "mother," or vinegar plant which you can get from a grocer. Add the rinsings from fruit jars to this and you will soon be well supplied with vinegar.

The Double-Walled Secret

By Edwin Baird

CHAPTER III.

In period of his life the lights came on, the couch was lowered; but his struggle, though furious, was of brief duration, for the strip of cloth which held his broken arm in place became undone and the red-hot pain left him gasping, powerless, white to the lips.

Again Stryker gave a low word of command and again the couch was lifted. The torturing stabs of pain wrung a groan from Keley and he ground his teeth, trembling with rage. He judged they had reached the hall when he heard a feet step on the stairway and then the girl's voice—

"Father! Stop! He doesn't know—he never saw—"

"Stand aside, Bonnie," he heard her father say.

She had thrown herself in his path, and Keley knew she was holding her ground when the couch came to a standstill.

"Father, you must listen! I tell you, I saw nothing—nothing!"

There was an agonizing pause. Keley could hear the girl whispering and now and again he caught a mumbled word from her father. They stood only a short distance from him, but he could make nothing of what they said. Presently he heard Stryker say:

"Take him back."

He was carried back to the room, but the rope was not removed from his ankles and the man with the dead white face stood guard at his head, until Stryker came in and dismissed him.

Only by a supreme effort did Keley refrain from voicing the outburst that his anger had urged him to utterance. Stryker drew up a chair and attended the grievously used arm before speaking.

"My daughter," he said, "has saved you. Do you feel strong enough to go home alone?"

Keley nodded. He could not yet trust himself to speak.

"I don't know who you are," went on the white-haired man, "but I do know you are not a jail-bird, and I suspect that you belong to that organized society upon which your rotten civilization is falsely based. Assuming this, I can not rely upon any promises you may make—"

"You can be assured," said Keley, as evenly as he could, "that I shall say nothing about my experiences in this house—if that is what you mean."

"That's what I mean," replied Stryker, in his low voice. "But I don't trust you. I have no man, and so," taking a white silk scarf from his coat, "I must ask that you wear this."

As he spoke he folded the scarf, then slipped it over Keley's eyes and knotted it securely behind his head.

Keley's first impulse was to tear the thing off, but he knew the futility of offering resistance, and submitted as passively as his flaming anger allowed.

Blindfolded, he was led from the house to an automobile churning near the door. Stryker assisted him into the tonneau, stepped in after him and the machine started. The first part of their journey was over uneven ground and the car traveled slowly, but after a while they emerged upon a smooth road and Keley knew, from the way the air whipped his face, that the driver of the automobile had thrown the speed to "high."

They had gone upward of fifteen miles, and surmised, before the car came suddenly to a stop.

He was guided to the ground, then to a wooden platform. He knew Stryker stood beside him when—"If you will give me your address, Mr. Keley, I will see that your monoplane is returned to you."

An unreasoning impulse, born of his wrath, prompted Keley to say: "Never mind! Keep it. Perhaps it will pay you for your services."

He had no way of knowing the effect of his words, for he was answered only by silence. After a while he heard the shriek of a train in the distance and in a few minutes it came to a grinding halt at the platform. The scarf was taken from his eyes and he was lifted to the steps of one of the coaches. When he looked back he saw the hard, white eyes of the auto gleaming athwart a small railway station. And then the train moved on into the warm, black night.

He sank into a seat near the door, with the feeling of one awakening from an unpleasant dream. The motion of the train, the travelers around him, the train crew, all afforded him a positive relief. They were actual, while the recent events seemed very unreal.

He paid his fare in cash, exchanged a commonplace or two with the conductor, and inquired as to the time they would reach Lake Forest. He was conscious of no curiosity to know the name of the station where he had boarded the train. He desired only to forget his fantastic adventure as speedily as possible. He alighted at Lake Forest, assisted by a brakeman, called up his father's garage and, half an hour later, was rolling homeward in the family limousine.

CHAPTER IV.

"I Owe My Life to You!"

Although he felt in no wise bound to silence, he slurred over his mishap as briefly as he could (still with the idea of sealing the adventure), and it is quite likely that he soon would have come to regard the thing as a vague and disagreeable memory had it not been for a peculiar incident in which he chanced to participate.

It happened late one afternoon, about a fortnight afterward, just as he left the University Club and was starting for the Whitestone Hotel to keep a dinner engagement. His motor was held up at the Michigan avenue intersection and he noticed that a crowd

had collected on the corner. In the next few moments he witnessed something that caused him to descend his chauffeur, as the traffic moved on, and then spring to the ground.

A policeman had arrested a ragged wretch, charged with soliciting alms, and a pretty-haired girl (he knew her instantly) and was interceding in the beggar's behalf. The officer addressed her with the insolence of his kind before a crowd.

"So you're his pal—ha? Well, well, haven't Keley leaped from his motor? He chuckled thickly and laid hold of her arm.

Infuriated, the girl jerked free and struck him sharply across the face with her silver-mesh purse. It was when she heard a feet step on the stairway and then the girl's voice—

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Use the left over meat.

Even the smallest portions can be made into appetizing dishes when combined with a small quantity of

BOVRIL

FOOD AND THE WAR

Vastly Important Factor in the Fortunes of the Allies.

Since the war began we have learned to understand the importance of the food problem, but even now few realize the extraordinary good fortune which the Entente nations have enjoyed, and how completely this good fortune has upset the calculations of the enemy. There is no room for doubt that Germany based her expectations of winning the war, after her first repulse, upon her assumed ability to starve the British people into acquiescence with her demands whilst maintaining her own productive power. She assumed that Great Britain was vulnerable in the matter of food supplies because the British people depended upon other countries, and that she herself was invulnerable because with her allies she was self-contained. Ever since war began Germany has acted upon this assumption and has sought to destroy Britain's overseas supplies and to maintain her own production.

Looking back over the past four years, one cannot fail to appreciate the gravity of the danger to which the French and British people were exposed by these efforts of Germany. They have, however, completely failed, and at no time have the two countries suffered from real shortage.

Greater economy, of course, has had to be exercised than formerly, but now the supplies of food available for the Entente nations will not only give them enough for their needs, but should enable them to build up reserves against any crop failure in future.

For this wonderful accomplishment they are indebted to the United States and Canada. Prior to the war the wheat crop of the United States rarely exceeded 700,000,000 bushels, but in the first year of war it was no less than 900,000,000, and in the second year of war as much as 1,000,000,000, giving an additional wheat supply in two years of more than 500,000,000 bushels over the normal. The Canadian crop of 1915 was also superabundant, and the lack of supplies from Russia and Roumania was more than made good by the additional supplies from the United States and Canada. In 1916 and 1917, the wheat crops in these two countries were, however, smaller, and after the reserves left over from the bumper crop of 1915 had been exhausted, the

Entente nations had to exercise an increased economy. Nevertheless, even in these years of small crops Canada and the United States rendered most valuable assistance by becoming more economical and by supplying food to the Entente out of these economies.

Now in 1918 the United States has grown another great wheat crop; the winter wheat harvest alone is expected to reach nearly 600,000,000 bushels, and the spring wheat harvest about 300,000,000 bushels. Hopes are entertained that the aggregate U.S. wheat crop this year will exceed 900,000,000 bushels, or fully 200,000,000 bushels above normal. Taking into account the economies of the people, this year is expected to have a surplus of 350,000,000 and 400,000,000 bushels, an amount that, with the Canadian surplus, will enable the Entente nations to consume a much greater amount of wheat flour than they have done since the early part of 1916.

Those persons who have watched the vicissitudes of the world's harvests and the fluctuations in the supplies of food available for the allied peoples since the war began are experiencing a great sense of relief from the present improved situation.

The potato is native to the continent of America and was first imported to Europe from Peru.

America may form a flying unit of deaf mutes, as army experts have found them to lack all sense of motion.

A postcard posted at Neilston Renfrewshire, in 1902, has just been delivered in the Vale of Leven, Dumbartonshire.

Lieut. William Simpson, Loosmouth, who has four brothers serving in the army or navy, has been awarded the Military Cross.

Lieut. Thomas Shanks, of Headswood, Denny, has received a bar to his Military Cross.

The Cameron band led the service of praise on the occasion of the anniversary of Bothwell Brig.

Lieut. McQuade, Royal Scots Fusiliers, Overton, is wounded and a prisoner of war in Germany.

The death has taken place at Calderland of Donald McDougall, coal merchant and Gaelic enthusiast.

Lieut. Norman Ramsay Mitchell, recently killed in an aeroplane accident, was the eldest son of Mrs. Mitchell, Blackford avenue, Edinburgh.

The Military Medal has been awarded to Captain Malcolm Smith, Royal Scots, Leith.

Sergt. John Robertson was presented by the Duke of Montrose with a number of handsome gifts in recognition of his having won the D.C.M.

Lieutenant W. Cochrane, Auchincry, Colvend, has won a bar to his Military Cross.

Robert McCall, son of W. M. McCall, Kirkcaldy, has been made an official in the Ministry of National Service.

Major W. E. Webster, R.A.M.C., son of Dr. A. D. Webster, Edinburgh, has been awarded the Croix de Guerre.

The Military Medal has been awarded to Corporal Hugh Brown, son of Mrs. Brown, George Place, Peebles.

A few forty-four years of service, Robert Hunter has retired from the headmastership of Blairhill school.

"MASTERS OF VICTORY"

Canadians Lack One of Three Essentials in Winning the Fight.

"The nerve that never relaxes, the eye that never blanches, the thought that never wavers—these are the Masters of Victory."

These words are as true to-day as when Edmund Burke spoke them a century ago. "Fighting, working, saving are the three essentials to victory."

Canadians are the peers of the best fighters in the world, or in the world's history. In how many a hard-fought conflict, and on how many a stricken field, has their proud pre-eminence in valor and endurance, been proven? The output of our munition and other wartime factories shows that Canadian tenacity in labor is not behind Canadian tenacity in battle.

But we don't save as well, or as hard, as we fight and work. Yet saving is as vital to victory as the other two. The call of the hour is for thrift—for self-denial in small things as in big. Save your money. Save for victory.

Plain French salad dressing is best with cheese salads.

The area of the United Kingdom is 121,000 square miles.

FROM OLD SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going On in the Highlands and Lowlands of Auld Scotia.

D. R. Seath, recently appointed sheriff of Prince Albert, Saskatchewan, Canada, is a Stirling man and went to Canada in 1908.

When Lord Morris, for nine years Premier of Newfoundland, visited Aberdeen, he was entertained at Ashby Lodge by St. James Taggart, Lord Provost.

Captain William Milne, formerly classical master in Boynes Academy, is reported a prisoner in Germany.

Private Robert Lockhart, Gordons, an old Aberlour Oranburgh boy, has won the Military Medal for bravery.

Major William Milne, M.G.C., son of Mrs. Milne, Claremont Place, Aberdeen, has been reported missing.

The death took place recently at Turiff of George Alexander, postmaster, and a highly respected citizen.

The death is announced of James Hozie, J.P., woolen manufacturer, Auchincry, Premann, in his 93rd year.

Lieut. Tom Russell, who has been awarded the Military Cross, is a son of Mrs. Russell, Rockville, Melrose.

Captain H. S. Munro, Seaforth, only son of Sir Hector Munro, of Foulis, has been awarded the Military Cross.

The death is announced in Cape Town of Ian A. Hossock, fourth son of the late G. Hossock, sheriff-clerk of Banffshire.

Robert Melville, of Dundee, has purchased the Elderton estate, Ross and Cromarty, at the upset price of £20,000.

Elgin district is the native place of A. G. Jeans, managing director of the Liverpool Post, who was recently knighted.

Lieut. Henry Merton Barnett, Kings Royal Rifles, son of Alex. Barnett, Kirkcaldy, has died from wounds received in action.

Sir Douglas Haig has mentioned in despatches recently Lieut.-Colonel Rose of Kivairath and Major P. Cran, Kairn.

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