

A New Mail Order Jewelry Market

We have pleasure in directing the notice of our readers to the announcement in this issue of a new departure in the mail order method of supply to the farm homes of Canada. Louis Jacobs & Co., Ltd., of Winnipeg, are issuing a finely illustrated catalogue of high class jewelry, watches, silverware, plated goods, cut glass, cutlery, etc., containing some fine examples of a very large stock, in every case representing what appears to be excellent value. The catalogue speaks for itself. We are glad to bear testimony to the respectability and financial standing of this firm and to point out that it seeks to deal with its correspondents on the only satisfactory basis on which any trustworthy business house can carry on a mail order connection, viz.: perfect satisfaction or the money remitted for goods will be refunded.

The catalogue will be sent free to any request and charges are prepaid on all goods ordered from it.

"And all that makes the world so fair,
Help us to do the things we should;
To be to others kind and good,
In all we do and all we say,
To grow more loving every day."

Notice:—The booklet "Helps for Expectant Mothers" will be sent free to any wife who requests it. Address P. R. H., 983 Grovenor Ave., Winnipeg.

RECIPES

The following method for canning vegetables I have taken from The Delineator, as I believe many women would like to can their vegetables if they could learn of a reliable method.

A New Way to Can Vegetables
The Cold-Pack Method is Not
Difficult, and it Succeeds

By Mae McGuire-Telford

Any woman can preserve vegetables as successfully as fruits. But the process is not the same; a little more time and labor are necessary. The difficulty in former days arose because the cause of fermentation was not well known, so the remedy could not be applied with certainty.

Vegetables in general contain very little of the acids that discourage bacteria; on the other hand, they contain large amounts of protein, the food most hospitable to bacteria. Moreover, the bacteria always present in corn, beans, and other vegetables have a peculiar life-history that makes them extremely resistant to heat. Under favorable conditions they live and multiply as other similar growths, but under unfavorable conditions they form thick-walled bodies called spores, which are able to retain their vitality even if boiled for hours.

The Little Spores Work Havoc

It was these spores that worked havoc in the jars of our mothers and grandmothers. Long-continued boiling of the vegetable to be canned failed to kill all present; the few or many that escaped sooner or later later developed into bacteria in the jars, and then multiplication was so rapid as to spoil all the contents.

Although the spores are able to resist the temperature of boiling water for a long time, the bacteria that develop from them can not. Therefore the problem of recent investigators has been to devise a means of making the spores develop into bacteria at canning time, and then to kill these bacteria by boiling. Fortunately a certain means of doing this has been discovered. It was found that boiling does not kill the spores; in fact, it stimulates them so that they develop into bacteria within twenty-four or forty-eight hours.

Hence the method now used with complete success in canning vegetables of all kinds in the home without special apparatus is to boil the vegetable for an hour to kill all bacteria present and to stimulate the spores; then to seal the jars and let them stand for twenty-four hours so the spores may develop into easily killed bacteria; and finally to boil the vegetable again for an hour to kill the new crop. Generally the boiling is repeated on the third day to make sure that no spores escape. This method of canning can be used with certainty by any housewife who will observe ordinary cleanliness and follow simple directions.

The method is known by various names. Because the vegetable is put into the jars cold before cooking it is coming to be called the "cold-pack" method. It is perhaps best illustrated with corn, so directions for canning corn are here given in detail:

The Cold-Pack Method in Canning Corn

Use the best grade of sweet corn. Select ears that are not too hard, and do the canning as soon as possible after the ears are pulled from the stalk; the percentage of sugar is low in hard ears and in ears that have been pulled for some time. Remove the husks and silks; if this work is done carefully, it will not be necessary to wash the corn unless worms are present. Cut and scrape the corn from the cobs with a sharp knife in order to get all the nutriment possible. Salt the corn slightly; ordinarily a teaspoonful of salt to a quart of corn is sufficient.

Have glass jars ready; these are the best, because they can be cleaned more easily than any other kind, and also more thoroughly. Pack the jars full of corn, fill them to the top with cold water, put the covers in place loosely without the rubbers, stand the jars in the wash-boiler on a false bottom of cloth or ringles, surround them with a few inches of warm water, put the cover on the boiler loosely, and steam the jars and their contents for an hour by boiling the water. Then put the rubbers on the jars and seal them.

After twenty-four hours loosen the covers so they fit loosely and again boil the water for an hour. Seal the jars and allow them to stand for another twenty-four hours. Then unseal them, put new rubbers of good quality in place, screw on the covers loosely, and steam the jars the third time for an hour. Screw the covers on tight while the jars are still hot, and the corn will certainly keep; moreover, its flavor is excellent.

Easy Devices to Lessen Labor

This method at first thought seems rather troublesome, but the amount of work can be materially reduced by a simple device. The jars need not be removed from the boiler each day; all necessary work can be done without this operation and the boiler and its contents allowed to stand. If good rubbers are used, no change need be made; but long heating causes the cheaper kinds to crack, so that the jars can not be sealed tight enough to shut out bacteria. Of course the covers must be loosened each time the jars are steamed, as otherwise the expansion of the contents would cause an explosion.

Other vegetables usually canned may be preserved in much the same manner as corn. Details differ somewhat, and the method of preparing the vegetables for the jars varies; but the method of sterilization is substantially the same for all vegetables except tomatoes.

Many vegetables are improved if blanched before canning; blanching sets the color of green vegetables, removes bacteria and undesirable substances, and in many cases improves the taste. To blanch a vegetable that has been prepared for the jars, place it in some kind of open vessel (preferably a woven-wire basket), plunge it into boiling water or live steam from one to five minutes, and cool it at once by dipping it in cold water or pouring cold water over it.

To Can Lima Beans

Shell the beans, blanch them four or five minutes, cool them, and pack them into jars. Fill the jars with cold water and steam them for an hour on three different days as in canning corn. It is important to hurry the process after shelling the beans, as Lima beans lose their delicate flavor if allowed to stand after shelling.

To Can String-Beans

Select young and tender beans; those allowed to harden before canning are tough and stringy when served. String them, break them into short lengths, blanch them for two minutes, cool them at once, and pack them into jars. Fill each jar to overflowing with cold water, add a teaspoonful of salt for each quart, and sterilize the beans for an hour on three different days as in canning corn.

To Can Peas

Select young peas, shell them, blanch them until the skins wrinkle slightly, pack into jars, cover with cold water, and steam for an hour on three different days as in canning corn.

Canning Beets

Select young beets, cut off the leaves so about an inch of stem remains, and wash the beets carefully so as not to

A RECORD CROP
of Exceptional Values

WITH the assurance that they are dealing with a RELIABLE HOUSE, that is: a "SATISFACTION-OR-MONEY-REFUNDED" HOUSE, MARKETING BY MAIL to the farmer citizen of Canada is the only possible means of keeping in regular touch with the latest products in quality goods of any sort at reasonable prices. In



No. 11.
Solid Gold, 14kt., set
with genuine diamond,
each \$25.

Quality Diamonds
Jewellery, Fancy
Goods of All Kinds

We are in a position to offer a service in QUALITY AND VALUE unsurpassed if not unequalled by any other mail order house in Canada. Who are we? For nearly ten years our manager has been engaged in the Mail Order Department of the T. EATON CO., WINNIPEG, but having a desire to strike out for himself, has co-operated with one of the largest wholesale buyers in Winnipeg.



With the very strongest financial backing and the further guarantee of this paper

OUR CATALOGUE

tells the rest of our story. Send for a copy at once. ONE PRICE FOR ALL—CHARGES ALL PREPAID—SATISFACTION, OR MONEY REFUNDED.

CUPS AND MEDALS FOR ATHLETIC ASSOCIATIONS A SPECIALTY

LOUIS JACOB CO., LTD.

122 Brandon Avenue
WINNIPEG



SOMETHING NEW IN
WORK GLOVES

"Casey Jones"

The DOLLAR GLOVE, made from good-wearing chrome-tanned horsehide

LOOKS LIKE SILK
FEELS LIKE KID
WEARS LIKE IRON

EVERY PAIR GUARANTEED

You have enjoyed the Song—now try a pair of CASEY JONES—THE DOLLAR GLOVE—and get glove satisfaction.

We are Manufacturers of



BRAND

BRAND

Sweater
Coats
and
Leather
Mitts and
Gloves

SOLD AT ALL GOOD STORES THROUGHOUT THE WEST
IF NOT IN YOUR TOWN WRITE DIRECT TO THE

Northland Knitting Co. Ltd.
WINNIPEG