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A. BRUCE Men's Wear



Premier Drury is seen laying the cornerstone of the new science and administration buildings of Western University, London, Ont.

Sugarless Canning

Do not get panicky over the price of sugar. If it does not come down in price you can put up fruit without it.

Get your fruit ready for canning. The fresher the fruit the better. Cull, stem, seed and clean it by placing it in a strainer and pouring cold water over it. In the meantime have your jars ready and see that the rubber rings are leakproof. Then pack the fruit in hot glass jars or tin cans. Pack these full. Pour boiling water over the product in the containers and put the rubbers and caps in position—not tight. Seal tin cans completely.

Then sterilize according to this table: Hot-water bath, homemade or commercial, 30 minutes; water seal, 24 degrees, 20 minutes; 5 pounds steam pressure, 12 minutes; 10 pounds steam pressure, 19 minutes.

Take out the jars and seal them tight. Turn them upside down to test them for leaks. Wrap them in newspaper and store them in a dry, cool place. If you have used tin cans, take them from the sterilizer and plunge them quickly into cold water.

Next fall and winter you can use this fruit for making jellies, preserves or candies. If by then you can get a supply of sugar at a reasonable price, you can pour off the juice and add sugar to make a syrup and pour back over the canned fruit every time you open some for eating. Or you can save this fruit to make jams and marmalades when sugar can be had.

With sugar sterilized and baked immediately, it will give you preserves that will taste as if made with fresh fruit.

Corn Syrup Recipes

You can use corn syrup for canning fruit and for making jellies, jams, marmalades and fruit butters, but first you had better make up a sample and let the family decide whether it is the right strength. You'll have to decide on the strength needed after what the family has to say, but taking into consideration, of course, the demand of the fruit itself. Here are three formulas for making up corn syrup:

Thin syrup—(1) One cupful corn syrup, one cupful sugar, 2 1/2

cupfuls water. (2) Two cupfuls corn syrup, one cupful sugar, four cupfuls water. (3) Three cupfuls corn syrup, one sugar, 3 1/2 water. Medium syrup—(1) One cupful corn syrup, one sugar, 1 2/3 water. (2) Two cupfuls corn syrup, one sugar, 2 1/2 water. (3) Three cupfuls corn syrup, one sugar, 3 1/4 water.

Thick syrup—(1) One cupful corn syrup, one sugar, one water. (2) Two cupfuls corn syrup, one sugar, 1 1/2 water. (3) Three cupfuls corn syrup, one sugar, 1 3/4 water.

When you use corn syrup, the addition of mixed ground spices, lemon juice, vinegar or ginger will greatly improve the flavor and make the substitute acceptable to members of the family who are not accustomed to the unflavored product. But when you use corn syrup for canning such strong flavored fruits as cherries, peaches and raspberries, you need not bother to add any of the flavors mentioned.

There's still another way to take advantage of the fruit crop this year regardless of the price of sugar.

Bottled fruit juices find many uses besides jelly making. Fruit drinks, jellied desserts, pudding sauces, ice creams and ices, fruit leather, are all possibilities. Juice for these purposes may be extracted from parts of the fruits which would otherwise be discarded.

Extract Juice for Jelly

If a very juicy fruit, such as currants or raspberries, is being used, place the clean fruit, washed, if necessary, in an enameled preserving kettle, add just enough water to prevent burning—perhaps one cupful to four or five quarts of fruit—cover the kettle, and place where the fruit will cook rather slowly, stirring it occasionally with a wooden or silver spoon. When the simmering point is reached, crush the fruit further with a well soaked wooden masher and continue heating it until the whole mass is cooked through. Allow the juice to drain through a jelly bag or double piece of cheesecloth into an earthenware or enameled receptacle for half an hour or more.

To Can Fruit Juices

Boil the strained juice for five minutes and pour it into jars or glass bottles that have been sterilized by boiling for fifteen minutes, filling the jars to overflowing. Seal the jars immediately. If you use bottles instead of jars or cans press cotton stoppers into the necks of the bottles, place the bottles up to their necks in boiling hot water and keep them there for forty minutes at a temperature of 165 degrees Fahrenheit. Then take the bottles out of their bath and press corks tightly over the cotton stoppers. If in doubt, as to whether the corks fit tightly, dip the top of the bottle in paraffin wax. To do this easily melt the wax in a baking powder, or other deep, narrow can. The pulp left in the cloth or bag can be used to make fruit butters. This, too, can be sterilized and canned without sugar.

Juices for Other Uses

Extract juice from discarded parts of fruits such as pineapple, rhubarb, strawberry, blackberry, raspberry, blueberry, currant, cherry, eack, plum, apple, pear, quince, grapes. Such discarded parts may be: Leftover portions of fruit prepared for the table; skins and pits of peaches; skins, cores and seeds of apples; pulp discarded after making jelly and

marmalade; well-scrubbed skins of oranges and lemons used in making lemonade; cores, skins, eyes of well scrubbed pineapples.

Cover the pulp of parings with cold water, bring the mixture slowly to the boiling point, simmer it until the juice is extracted (fifteen or twenty minutes) and strain it. Proceed as directed for canning fruit juices.

To Make Fruit Drinks

The principal charm of a fruit drink lies in the smooth blending of the various flavors. When ready to use, supply the needed sugar in the form of a syrup, for otherwise the fruit and sugar must be mixed and allowed to stand together for several hours before serving. A sugar syrup may be omitted and in place of each cup omitted one cup of honey or one and three-quarter cups of white corn syrup. It saves time and fuel to make a quart or so of this syrup at a time and bottle it boiling hot in sterilized jars for subsequent use.

A small amount of some strongly acid juice should always be added to the fruit drink to give it the proper degree of acidity. The juice of rhubarb or barberries is sufficiently sour to take the place of lemon juice, which is often recommended for this purpose. Orange juice may be substituted for lemon juice by adding to it a small quantity of cider, vinegar

Add to the fruit juices enough of the syrup to sweeten them, enough acid juice to contribute the desired zest, and dilute the whole to taste with shaved ice or with ice water.

To make Fruit Leathers

Concentrate fruit juices by boiling them over direct heat, then by drying them in the top of a double boiler or on platters or enamel pans set in a moderate oven. The juice is sufficiently concentrated when on cooling it makes a highly glazed, tough, dry, leathery jelly. Dry the leather in thin sheets and roll the sheets like jelly rolls, then cut them across or dry it in a sheet of cloth into a one inch thick and cut it in cubes, in either of these forms the leather makes a tempting confection. Store in airtight tins or bottles.

Iced Tea

P. I.—Always make fresh tea for serving iced. It should be steeped only three minutes, then poured off, giving it just time to become cold before serving it.

Relief From Rheumatic Pains

Rheumatism is a constitutional disease. It causes local aches and pains, inflamed joints and stiff muscles; but cannot be permanently relieved by local or external applications. It must have constitutional treatment.

Take the great blood-purifying and tonic medicine, Hood's Sarsaparilla, which corrects the acid condition of the blood on which rheumatism depends and gives permanent relief. It combines the most effective agents in the treatment of this disease.

A BUSY POLITICIAN

He Wrote Poetry and Read His Latin Bible

David Mills was a considerable political figure in the '90's, both as wards as Minister of Justice in the Laurier Cabinet. While a stalwart politician, strong on the aggressive, and a favorite on the hustings, Mr. Mills was also something of a fighting Liberal in the declining days of Tory rule, and after a fine tastes has been made public by Sir John Willison in the Canadian Magazine, through the quotations of some letters received by Sir John in 1898 while he was editor of the Toronto Globe, it was when he was sending some poetry for publication in the Toronto Globe that Mr. Mills revealed his inmost thoughts and habits.

"You know, I have my own rooms here at the Russell," he wrote, "and I have come here, been a pretty steady worker, and something by way of rest I occupy my time by writing an essay, a lecture, or in putting down a few thoughts in verse. I find it more healthy morally, and a better qualification for duty, than to worry over shabby treatment, knowing well, as the Arabs say, 'All things come to him who knows and waits.' On Sundays I read my Latin Bible for an hour



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critically, and compare it with the series of lectures prepared a year ago on 'European Diplomacy in Africa,' which Mr. Willison has offered to publish; and I want to send to the press as soon as I can a volume of my university lecture, which my memory recalls, and so I have been invited to write for the English press, and have been offered a free hand, and as soon as my public duties become less exacting I purpose doing so.



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