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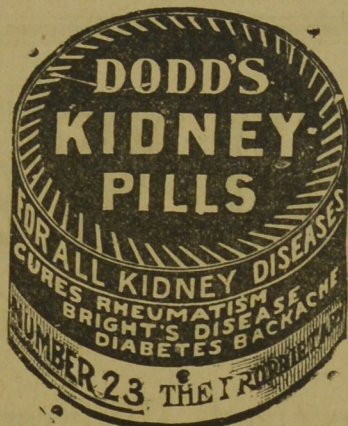
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## SOME VALUABLE POINTERS ON METHODS OF CANNING

How Fruits and Vegetables May be Preserved for Use During Winter Months---A Subject in Which all Should be Interested at the Present Time---Information Sent Out by the Department of Agriculture.

The following information on "Home Canning" is taken from a circular recently issued by the New Brunswick Department of Agriculture:

### STERILIZATION.

The secret of success in canning depends upon two things: First, complete sterilization, that is the destruction by heat of all germ life on the food and on all parts of the jar that come in contact with the food. Second, care to prevent further entrance of these organisms that cause foods to spoil.

### SOME TERMS EXPLAINED.

**Scalding**—Boiling water is poured over the fruit or vegetable and allowed to stand a few minutes, then drained. This is done to loosen the skin and eliminate objectionable acids.

**Blanching**—The vegetables are covered with boiling water and boiled according to length of time given in time table. This is to remove objectionable flavors, to reduce the bulk and aid in sterilization.

**Cold Dip**—Dip fruit or vegetable in cold water. This is to harden the pulp under the skin, set the color and make it easier to handle the product in packing.

Scalding and blanching are always followed by cold dip.

### PREPARATION OF JARS.

1. Test each jar before using by partly filling it with water with rubber ring adjusted. Seal tightly and invert on a dry surface. If no traces of moisture can be seen, the jar may be used.

2. Sterilize jars and covers by putting them in a vessel of cold water, bring water to boiling point and boil 15 minutes. Remove jars from water and fill at once with the prepared fruit or vegetables. Do not allow jars to stand any length of time after being sterilized.

### TEST FOR RUBBERS.

A good rubber will stand considerable pulling and will return to its original shape. A good rubber will also stand several hours boiling when placed on jars, without being affected. Sterilize rubbers by pouring boiling water over them and allowing them to stand for a few seconds before using. Never use rubber rings more than one season.

### EQUIPMENT FOR CANNING.

The equipment for canning is simple. An ordinary wash boiler may be



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used for the work, but it must be fitted with a false bottom or slats of wood to prevent the jars coming too near the direct heat.

### COLD PACK METHOD.

The fruit or vegetable is partially sterilized by scalding, blanching and cold dipping, then packed in jars and the jar filled with water or syrup, according to food canned. This cold pack method is used when a natural flavor is the object and a rich, highly sweetened product is not desired.

The advantages of the cold pack method are many. In the case of vegetables, it makes it possible to can successfully many more varieties than in the old way. In the case of fruits, the flavor is better and the shape is more successfully retained. One of the greatest advantages is that most of the work may be done away from the stove. The food may be carefully and leisurely packed in the jars near some cool window and thus the hot work is reduced to a minimum.

### PRACTICAL POINTS IN CANNING.

1. Select firm, well grown, but not over-ripe fruit.
2. Choose vegetables that are young and have made a quick growth.
3. Best results are obtained by grading the fruit or vegetables with reference to size and quality, so that the contents of each jar will be uniform.
4. Can all fruit and vegetables as soon as possible after being picked; very often failure to do this results in spoilage.
5. Avoid very dirty fruit or vegetables.
6. If the fruit or vegetable is a kind that discolors after being pared, cover with slightly salted water until ready to can.
7. Prick skins of plums or cherries to prevent them from bursting.
8. When packing food in sterile jars, consider the appearance of the finished jar and arrange the food carefully.
9. Never use tin or iron utensils for canning, as the acid in the food acts on them, causing a bad color and taste. Use a silver knife in preference to steel as the steel discolors the food.
10. Do not seal jar tightly until the cooking is complete. Seal as soon as taken from boiler.
11. To make the syrup for canning, use 4 cups sugar and 6 cups of water. The western method is 6 cups sugar and 4 cups water. It is well to use as thin a syrup as possible, as flavor is lost in some fruits with the increase in the proportion of sugar. Canned fruit, not "preserves," is being made, and only sugar enough to make the fruit palatable is necessary. The amount of syrup from 4 cups sugar and 6 cups water is sufficient for about four quart jars of raspberries or other closely packed fruit, or three quart jars of halved pears or peaches, or two quart jars of large whole fruit. With only a few exceptions, the same strength of syrup is used for all fruits. The amount of syrup added to each jar adjusts itself according to whether the fruit packs loosely or closely in the jar. It so happens that the sweeter fruits, such as berries, pack closely and so require less syrup than the large, loosely packed acid fruits.
12. Do not allow jars to come in contact with one another in boiler. Excelsior or folded paper will prevent this.

### CANNING OF FRUITS AND VEGETABLES.

Canning may begin in June, as some of the greens are ready at this season. Rhubarb is the first product of the garden to find its way into cans, and it may be canned without heat. Wash the tender stalks of rhubarb, cut into half-inch pieces, and pack them as closely as possible into sterilized jars. Do not peel the rhubarb, it is a waste of time since it does not add to the appearance or affect the flavor. Fill jars with cold water, allow to stand a few minutes, drain and fill again, making sure that no air bubbles remain. Then adjust the covers, and seal. This rhubarb will lose its color, but it is as delicious for winter sauce and pies as when first cut.

### FRUITS.

The following method is used for apples, peaches and pears. All varieties of plums can be cooked with the skins on. If it is desired to remove the skins, treat same as other fruits.

In the case of fruits for canning, scald, dip in cold water and when necessary peel. Cut in pieces the desired size. Pack closely into sterile jars, fill jars with hot syrup, put on rubber ring and glass top, adjust clamp, but do not seal tightly. Place jars in boiler, fill with tepid water to top of jar, cover and boil length of time given in table. Remove from boiler and seal.

### CANNED PEACHES.

Scald peaches 1 minute and plunge quickly in cold water. Remove skins. (Continued on page 7.)

## The Peril of the Moderate Drinker

Like the contemptible German Spy who lived upon our friendship while all the while he was stabbing in the dark, Alcohol in moderate doses is **poison**. Of course you know that the lining of your stomach is just as sensitive as the ball of your eye. Just try putting a drop of whiskey in your eyeball—keep on doing it off and on for years—think of the result!

If you want to know what is going on in the system of the moderate drinker, look at a man who is dead drunk. Scientists say the only difference is that the drunkard reaches the climax quicker than the tippler. The effects are alike; the first thing Alcohol destroys is the mental power of defence against the appetite for drink. All drunkards begin as moderate drinkers.

Above the falls of Niagara there is a point in the current where each man's strength can yet take him back to safety. Beyond that invisible point he is lost. No man knows where lies that invisible line in his make-up, where ends his ability to say, "I can" or "I can't" stop drinking liquor.

After seventy-four years of investigation—economic, sociological, medical, ethical—the Insurance Companies ought to know. They declare that Alcohol, even in the smallest quantities, is a destructive **poison**. They turn away hundreds of thousands of dollars' worth of business on the strength of their knowledge. Taking two million policy-holders as a test they know that the teetotaler lives much longer than the moderate drinker; "the man who occasionally gets tight

suffers a death rate just one-half greater than strictly temperance men. Other men who drink more than that, but still not enough to bar them from insurance, show an appalling mortality of almost double that of men who were never introduced to John Barleycorn."

Every man and woman in this province shares the responsibility for the proper enforcement of Prohibition—not the officers of the law alone. **Your** duty is clear.

### MODERATE DRINKERS

Life insurance men declare that MODERATE drinkers shorten life on an average from 10 to 13 years by their occasional alcoholic drink.



## Help to Enforce Prohibition

No matter where you live, whether the Canada Temperance Act or the new Prohibitory Law operates in your district, you are urged to use every legitimate means within your power to heartily support and aid the officers in their sworn duty of enforcing the law.

## Dominion Temperance Alliance

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