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OF INTEREST TO WOMEN

THE COLD PACK METHOD.

One of the Easiest and Safest Plans
for Preserving Fruits and
Vegetables.

It is important that all utensils be clean. No withered or unsound vegetables or fruit should be canned. If possible only fruits or vegetables picked the day of canning should be used. Peas and corn, which lose their flavor rapidly, should be canned within five hours if a choice product is desired.

The products to be canned should be blanched by being placed in cheese-cloth bag or dipping basket into boiling water and allowed to remain from one to fifteen minutes, depending on the kind of product.

As soon as the product is taken from the boiling water it should be dipped into cold water and removed immediately and drained for several minutes. The water used for this purpose should be as cold as possible.

After draining, the product should be placed in hot jars at once. When canning fruits, boiling hot syrup or hot water is added. For vegetables hot water is usually used and salt is added for seasoning. The rubbers and tops, after a thorough scalding in hot water, are placed on the jars sealed. The jars are then placed in the hot water bath.

For this purpose a wash boiler can be used by placing something in the bottom so the jars are not resting directly on the bottom of the boiler.

It is important that the jars be put into the hot water as soon as they are filled. In the case of string or lima beans the processing period lasts two hours; for beets one and a half hours; carrots, one and a half hours; peas, two hours; tomatoes, 22 minutes; sweet potatoes one and a half hours; pumpkins or squash, one hour; corn, three and a half hours. To each quart of the vegetables mentioned a tablespoonful of salt should be added.

The jars should be sealed while the products are hot, and be placed in a tray upside down to cool, and watched for leaks. If any leakage is discovered, the tops should be tightened until completely airtight. If air is allowed to get in the fruit or vegetable will spoil.

WAR CANNING BULLETIN. (Issued by Canada Food Board.)

Better Late Than Never.

A disconsolate lady who had a war garden is now wondering what to do with the produce. What she needs to do is to write—and in a hurry—to the Canada Food Board for its five per. booklet on the drying and canning and storing of vegetables.

Here is a record of keeping qualities of vegetables:

Beets will keep till May.
Carrots will keep till May.
Cabbage will keep till March.
Celery will keep till January.
Cauliflower will keep till December.
Onions will keep till May.
Parsnips will keep till May.
Pumpkins will keep till January.
Potatoes will keep till June.
Salsify will keep till April.
Squash will keep till January.
Turnips will keep till April.
Tomatoes will keep till December.
Apples will keep till May—provided they are all properly stored.

Partial List of Automobiles Registered in the Province

The following list of Automobiles registered with the Provincial Public Works Department is in addition to the list published last week. Further additions will be published each week until complete.

9536 Wm. Holmes, Upper Kent, Chevrolet.	9597 Charles H. McDonald, 55 Dock St. St. John, Ford (to replace 9183).
9537 D. J. Craine, Holmesville, Chevrolet.	9598 Mrs. Mabel Cowans, St. Andrews, Pierce Arrow.
9538 Robt. Smith, Sussex, Ford.	9599 John S. Barton, Newcastle Creek, Ford.
9539 C. L. Weller, St. John, Overland.	9600 Roy Burt, Burt's Corner, McLaughlin.
9546 Daniel E. Richards, Campbellton, Grant.	9601 J. S. Lord, Richardson, Car. Co., Ford.
9547 E. Savage, Campbellton, Ford.	9602 John Grant, Pearcemont, Car. Co., Chevrolet.
9548 F. X. Cyr, Baker Brook, McLaughlin.	9603 W. K. Oldham, Woodstock, Chevrolet.
9549 R. A. Mitton, Parkindale, Ford.	9604 E. E. Kearney, Beechwood, Car. Co., McLaughlin.
9550 D. I. Daigle, St. Basile, Chevrolet.	9605 Sterling Jamieson, Clover Hill, Kings Co., Ford.
9551 Leonard Fisheries, St. John, Ford.	9606 Wentworth Quigley, Back Bay, Car. Co., Gray Ford.
9552 G. D. Raynes, Fairville, Ford.	
9553 J. W. Stackhouse, St. John, Ford.	9607 Hope Caldwell, Caldwell Brook, Maxwell.
9555 Stewart McKinney, St. John, Ford.	9608 Irene Bellefleur, Bellefleur P. O., Gray-Dort.
9556 C. M. & J. T. Alexander, St. John, Ford.	9609 Thadde Martin, Edmundston, Chalmers.
9557 W. L. Wright, 156 King St., E. St. John, Nash.	9610 Bliss Douthwright, 71 Union St., Moncton, McL.
9558 John Hennigar & Sons, Grand Falls, Chevrolet.	9611 James Smith, Middle Sackville, McLaughlin.
9559 W. J. Hamilton, R. R. No. 6, Woodstock, McL.	9612 Walter C. Hanson, Salmonhurst, Oakland.
9560 James H. Campbell, Blackville, Chevrolet.	9613 A. A. Melanson, Rogersville, Chevrolet.
9561 Lester G. Beckett, Hampstead, Ford.	9614 Mrs. David R. Moore, Newcastle, Chevrolet.
9562 Ernest Burgoyne, North View, Ford.	9615 Carr Harris, Bathurst, Ford.
9563 James A. Kinney, Florenceville, Chevrolet.	9616 Jas. A. McIsaac, East Florenceville, Chevrolet.
9564 Stephen Gee, Wicklow, McLaughlin.	9617 Angus Noble, Bathurst, Ford.
9565 Henry D. Curtis, Bristol, Chevrolet.	9618 Arthur Poirier, Shediak Bridge, Ford.
9566 C. A. Estey, Grand Falls, Gray Dort.	9619 Lilly R. Faulkner, Woodstock, Briscoe.
9567 A. Dugas, Balmoral, Chevrolet.	9620 Charles Anderson, McAdam, McLaughlin.
9568 Fong Since, Campbellton, Buick.	9621 Fred W. Johnston, Rollingdam, Ford.
9569 Woodford Goodwin, Bale Verte, Ford.	9622 Foster Cooper, Armstrong's Corner, Ford.
9570 Wm. P. McDonald, 161 Waterloo St., St. John, Gray Dort.	9623 John E. Hill and Wm. G. Jones, Cloverdale, Chev.
9577 Marshall Hodgman, St. Andrews, Locomobile.	9624 Walter M. Steeves, Hillsborough, Gray-Dort.
9578 James H. McKim, Armstrong's Corner, Ford.	9625 C. H. Wells, R. R. No. 6, Westmorland Pt., Ford.
9579 W. H. Copp, Port Elgin, Ford.	9626 Wm. Z. Currie, Currieburg, Overland.
9580 L. A. Bourque, Port Elgin, Ford.	9627 Eldon Ruff, Bath, Chevrolet.
9581 Mrs. R. D. McLean, St. John, Overland.	9628 John Maloney, Newcastle, Chevrolet.
9582 J. Fraser Gregory, St. John, Overland.	9629 W. N. Raymond, Hartland No. 1, McLaughlin.
9583 W. S. Logan, St. John, Overland.	9630 Fred C. Gray, Hartland, Maxwell.
9584 W. M. Fraser, St. John, Overland.	9631 Fred M. Boyd, Woodstock, Briscoe.
9585 Robert C. Gilmour, St. John, Overland.	9632 J. S. Hayward, Riverside, Ford.
9586 J. A. McCourt, M. D., St. John, Overland.	9633 Hanford Gould, North Lake, Ford.
9587 P. E. McKenzie, Welsford, Ford.	9634 W. J. McNairn, 386 Robinson St., Moncton, Chev.
9588 F. A. Bayard, Welsford, Ford.	9635 Edison B. Leck, Armstrong's Corner, Ford.
9589 John Colbert, Rollingdam, Ford.	9636 Isale E. Leger, St. Joseph, Chevrolet.
9590 James Pirie, Pearl, Victoria Co., Chevrolet.	9637 Samuel Rabkin, Elgin, Overland.
9591 A. B. O'Neil, St. Andrews, Ford.	9638 Thos. A. Scribner, Newcastle, Chevrolet.
9592 Levi Stewart, Baillie, Ford.	9640 Wm. Finnermore, Gladwyn, McLaughlin.
9593 Beryl McGlinchy, Canose, Charlotte Co., Ford.	9647 Josiah Johnson, Sackville, Overland.
9594 Denis R. Michaud, Iroquois, McLaughlin.	9648 Harold Bannister, Dorchester, Overland.
9595 Francois Deveau, Four Corner, Grand Falls, Buick.	9649 Victor Sayles, Pomeroy Ridge, Ford.
9596 Arthur Pelletier, Lac Unique, Chevrolet.	9650 C. M. Gillespie, Pennfield, Maxwell.

ADVERTISE ON THIS PAGE OF THE MAIL

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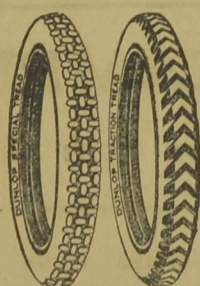
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