

them add half a cup or sweet milk pepper, salt and a pinch of sage. Pour into a hot frying pan and set in the oven until done.

Beefsteak Pie.-Tage tender steaks, beat them a little, season with salt and pepper, put bits of butter the size of a hickorynut over the whole surface, dredge with flour and roll up and cut into pieces two inches long. Line the sides and bottom of a tin basin with a rich paste, put in the pieces of steak, nearly fill the basin with water, add butter (the size of an egg) cut small, dredge in one teaspoonful of flour, and add a little pepper and salt. Roll a top crust to half an inch in thickness, cut a slit in the center, place on top, pinching in the side crust all around the edges. Bake one hour.

Beefsteak with Mushrooms.-Broil and cover with a sauce made as follows: Take one pint of any brown gravy, a slice of carrot and two slices of onion. Mince the vegetables, fry them brown in one tablespoonful of tablespoonful of flour, then add the place on the broiled steak; let the resteak.

## Plums

To Can Plums.—Take a jar of suitand set on the back of the stove where only nice, fresh plums, not too ripe, and put into the jar, pouring over them boiling water; then place in a preserving kettle with just enough water to cover them and boil until plums are soft and the juice extracted. Pour off the juice, strain it and put must be filed and smooth. it on to boil; allow one pound of sugar in shallow pans in the oven to heat while the juice boils twenty | Sift three-quarters of a cup of flour, minutes. Add the sugar, stirring un- half a teaspoonful of salt and one tea-

pour, boiling hot, into bowls or glasses that have been rolled in hot water to prevent their breaking. When cold, pour melted-not hot-paraffin wax over the top half an inch deep, to prevent mold forming, and set away in a cool place.

Preserved Plums.-Select the large plums, not too ripe, and perfectly free from blemish. Pour boiling water over and remove the skin. Make a syrup of a pound of sugar and a teacupful of water to each pound of fruit, and when boiling hot pour over the plums; let them stand in this for twenty-four hours, then put them over the fire in the syrup and boil gently until clear; remove with a skimmer, pack carefully in cans, boil the syrup until thick, and pour over the plums and seal.

Preserved Greengages.-Allow one pound of sugar to one pound of fruit, dissolve with teacup of hot water; halve the fruit and stone before weighing. Boil the syrup ten minutes before putting in the plums, skim them and boil fruit and syrup together until tender. Take from the fire and let stand over night. The next day, boil up again, adding a few of the blanched pits taken from the stones. Pack the fruit in glass jars, pour over the syrup and seal.

Sweet Pickled Prums.-Prick the plums and steam until they can be easily pierced with a straw. Pack in a stone jar and pour over them a syrup boiled down quite thick, allowing for every seven pounds of fruit for of white sugar, one pint of strong vinegar and a tablespoonful each of mace, cloves and cinpamon, put in thin muslin bags. In the morning drain and heat the syrup again to the boiling point, put the fruit in glass jars, cover with syrup and seal. If during the first month they show any signs of fermentation, which they seldom do, set the cans, uncovered, in a kettle of cold water, having a folded towel in the bottom, and heat slowly to boiling, until the contents are well scalded.

Plum Butter.-After draining off the juices of the plums, in making plum jelly, press the plums through a seive to remove skin and pits and possible hard pieces, and to one pound of the fruit pulp allow three-fourths pound of sugar and cook slowly, stirring all the time, until as thick as wanted, which should be very thick when cold May be sealed, but will keep without. Another way, and one by which the strong taste is removed from the plums in the proportion of one pint the steak, place it on a hot platter of cooked and finely mashed apples to three pints of the plum pulp.

"A Constant Reader" does not seem to make the most of what she reads, else she would not ask so soon for the re-publishing of "a way to be sure butter; stir into the mixture one her jars are air-tight.' A short time ago, a method was given, but will give gravy gradually, and add finally one- it again. When the fruit is sealed half pound of mushrooms chopped to and the metal top screwed down as pieces. Cook the mushrooms fifteen tight as seems necessary, turn the jar minutes; remove part of them and over, letting it set on the metal cap, instead of the bottom of the jar; if mainder of mushrooms stay in the any juice oozes out around the edge sauce, rub through a sieve, season, let of the cap, the jar is not airtight, and, boil up once and pour around the if left so, the fruit will spoil. To remedy this, take the handle of a knife, or a light hammer, and gently pound the edge of the metal cap down to the rubber at the place where it is wet. able size—one or two gallon is best, Again set it upside down, and see the result. Do this until no juice oozes the heat will not break it. Select out, and then set it away to cool bottom side up. Sometimes the cap is defective, and will require a new one, and sometimes the rubber is old and hard, while at others, it is because of the little shoulder of glass sometimes on the sides of the jar, which

#### e almia si Swiss Timbales

til it dissolves, take from the fire and spoonful of sugar together. Gradually

pour in half a cup of milk and one order to cut off the electric force from bale iron, holding it there until it becomes quite hot; then put the iron in the eup of batter, holding it there until a thin crust forms on the iron. Lift it out, shaking off every drop of superfluous batter, then dip in the hot fat and hold there till a delicate brown, crusty cup is the result. Slip it off on a piece of soft brown paper upside down to allow the fat to drain. Fill the timbale with a creamed mixture, a chicken, anything you would serve in pate shells,-Good House- by our highest health authorities.) keeping.

### Good Advice

Walk with a light, elastic step. While honor and dignity should characterize your walk, there is an important feature to be considered in the matter of health. Most of the people compel their legs to do all the work, and in this way they step very heavily, and seemingly drag the body, and the effort causes exhaustion. The legs are a means of support, but the center of action and the seat of honor should be the chest. Keep the chest active-raised and fixed by muscular power wholly independent of the breathing. Walk with a sense of not only onward, but upward. You will feel a buoyancy that will prevent the heavy setting and jarring of the body. Avoid striking the heels heavily, but do not go to the other extreme of trying to touch the ball of the foot first; in a well-balanced and rhythmical walk the heel and ball of the foot should touch the ground simultaniously.

Get your "beauty sleep." An hour before midnight is worth two after; from a healthy standpoint it is of inestimable value. Do nothing that you know is hurtful, for Nature is relentless in her demands, and will scrupulously exact her "pound of

In order to retain your magnetism, you should close the circuit leading to the earth, and this can be accomplished by wearing silk stockings, or the wearing of rubber on the soles and heels of the shoes-not in the shoes, nor in contact with the feet. Rubbers will not answer the purpose, for the benefit of the magnetic retention is more than neutralized by the injurious effect of the feet being incased in the rubbers.

a rubber insulator on each foot, in solid and firm.

well beaten egg; at the last beat in passing into the floor. The conservaone tablespoonful of olive oil. Put this tion of vital force is of the utmost batter in a cup, and when a kettle of importance to you, if you do not genhot fat is ready, dip into it the tim- erate force rapidly. The power for weal or for woe of the electric current is becoming more and more recognized, as the subject is more generally. studied .- Medical Magazine,

#### Requested Recipes

(Several requests have come in for recipes for canning with various acids, As the recipes have been asked for; they are given, with the caution that the use of acids are not recommended

Canning Corn with Tartaric Acid.-To six quarts of corn cut from the cob, allow one ounce of tartaric acid previously dissolved in half a pint of boiling water. Cut the corn from the cob and cook with enough water to cover it. While the water is boiling put in the dissorved acid, cook a few minutes and seal in air-tight jars or cans. Tin cans are recommended. The corn must be covered with water when in the jar, or it will not keep well. To prepare the corn for the table, pour off the sour water and save it; to every quart of corn add half a teaspoonful of baking soda and let stand about three hours before cooking; while cooking, put in a tablespoonful of white sugar; if the corn turns yellow, there is too much soda in it, and sufficient of the sour water should be poured back to turn the corn white again. Season as fresh

Canning Beans with Salycilic Acid. -Allow one-half teaspoonful salycilic acid to one gallon of beans cooked in a little salt water, boil till nearly done; can in glass jars.

Another.-String your beans, break them up and let them boil up in clear water, then pour off the water, let cool, make salt water strong enough to bear an egg, put beans in a muslin sack and weight down in the brine; keep well covered, and the beans will keep crisp and nice.

Cucumbers in Brine.-Place a layer of grapevine leaves in the bottom of a jar or keg, add a thin layer of salt, then a layer of cucumbers, another layer of salt, more grape-vine leaves, and continue alternating salt, cucumabers and leaves until the jar is full; finish with a generous layer of salt and cover with leaves. For three gallons of pickles, dissolve a piece of alum the size of a hickory nut, and put in. Turn a large plate over the If you sit at your work a greater top and weight down. The water from part of the time, the cnair, being a the cucumbers froms the brine by disconductor of electricity, should have solving the salt, and the pickles are



# This Washing Machine Costs You Nothing.

You pay for it after it has paid you for itself. It will do a regular EIGHT HOUR washing in FOUR hours, and it won't wear the clothes. We prove this before you pay a

We send you our #1900" Washer free of charge on a month's trial. We pay the freight on it to your home station at our own

YOU don't risk a penny and WE don't ask from you any cash deposit, note, contract nor security. You simply write us for the month's trial and we do the rest.

If, on a four week's test you can't wash clothes with it equal to best hand-work, in HALF THE TIME, with half the wear and tear and with HALF THE EFFORT send it back to your nearest Railroad Station, that's all. When you are convinced that it saves you FOUR hours labor out of every EIGHT hour week! y

washing KEEP the machine. Then you must pay us 50 cents a week until the Washer is paid for.

The four hours a week our "1900" Washer SAVES YOU would have cost you for washerwoman's time 60 cents. Your own time (if you do the washing yourself) is worth as much as a washerwoman's and any servant's time costs you board and money equal to this, in the long run.

The "1900" Washer lasts at least five years. Every year it will save you about \$33.00 in labor. In

five years this amounts to \$165.00—think of that.
In the free month's trial alone it will save an average family \$2.00 and you assume no risk what-

ever, no responsibility during the trial.

Isn't this the broadest and fairest offer ever made you?

We may withdraw it tomorrow, it over-crowds our factory.

But, whoever answers this advertisement shall have the benefit of the offer, provided you write to

us promptly on reading it. Shall we send you a Washer on trial, to be paid for as it pays you? An. swer TODAY, while the offer is open, and while you think of it. Address me direct for personal attention, viz: R. F. Bieber, Gen'i Mgr., The "1900" Washer Company, 3023 North Henry Street, Bingham-