

in tightly; then invert the top of the bottle in the hot liquid; take out and tie over the cork immediately a piece of cloth and dip again into wax. Let cool and put away as other canned fruits. Many easily-kept fruits and tomatoes may be kept this way.

C. R. N.—For using the refrigerator, keep the ice chamber sweet and clean and well-filled with ice, and keep the outlet open. Do not put food in the ice chamber on the ice. Put milk, butter and meat on the bottom of the closet, which is the coldest part; the vegetables go on the next shelf, and the fruit on the upper shelf. This arrangement will serve to keep the odors separate.

Eunice H.—Mr. Park, of the Floral Magazine, advises, for the worms, one pint of quassia chips, steeped for an hour or more in one gallon of hot water; then, to one pint of home-made soft soap (made from wood-ashes) add a gallon of hot water and the quassia-chip steeping water and beat until you have a strong suds; add to this, beating hard and rapidly, so as to thoroughly emulsify, one teacupful of coal oil. To this emulsion add two gallons of water, making four gallons of the remedy. Apply with a good garden syringe to every part of the plant. For all plants, indoors and out, this, he claims is the most effective insecticide that can be used; he claims that it never fails.

"Farmer's Wife."—For ice cream without a freezer, you should have a wooden bucket, holding about ten quarts, one two-pound can or a narrow, deep tin pail, with close cover, two quarts of coarse salt and about a peck of finely cracked or shaved ice. Having prepared your cream and let it get cold, pour it into the can or bucket, cover tightly, and place in the center of the wooden bucket; fill the space between the can and bucket, on all sides, with alternating layers of ice and coarse salt, cover well and wrap in a thick blanket or piece of heavy carpet and set in the coolest place you can find. Every half hour remove the cover sufficiently to get at the cream, and, with an egg-beater or a large spoon, beat the cream quickly and thoroughly, covering again. At the end of two hours you should have a well frozen cream.

Requested Recipes

Ginger Beer.—Put one and a half pounds of granulated sugar into a stone jar, with two ounces of pure ground ginger and a lemon sliced thin. Pour on eight quarts of boiling water, and when lukewarm add one-fourth of a yeast cake, dissolved in a little warm water. Stir thoroughly, and when perfectly cold, strain into bottles and fasten the corks securely. Keep in a moderate temperature for twelve hours, then put them in the coolest place you can find. The beer is ready for use in four or five days, and is fine for the harvest field. The corks must be tied down.

To Cook Young Beets.—Wash and cook rapidly in salted water until done, then drop into cold water and slip the skins off very quickly. Do not peel before cooking. Slice in thick slices and place in a sauce-pan, pouring over them a butter sauce, let heat up in the sauce and serve. For the sauce, place a cup of hot water on the stove, add a tablespoonful of very finely-minced parsley. When it comes to a boil, add the beaten yolk of two eggs and stir until it thickens; then beat in two tablespoonfuls of butter. When the sauce is poured over the beets, heat over hot water. The sauce should not boil after being made.

To Can Okra.—The young tender pods, before the seeds turn brown are to be used. To be used in soups: One

part tomatoes to three parts okra will supply sufficient acid to make the okra keep, but to some tastes the more tomatoes the better. Onions are often added to part of the jars of tomatoes and okra, which makes a delicious addition to soups in winter.

To Brighten Gilt Frames.—Take sufficient flour of sulphur to give a golden tinge to three gills of water, and in this boil four or five (according to size) bruised onions or garlic, until tender. Strain off the liquid, and when cold, wash the gilding with a soft brush; let dry, and it will be "like new."

Contributed Recipes

Peach Layer Cake.—Whip to a cream two eggs and one cupful of butter and two cupfuls of sugar; add a little grated nutmeg; pour in one cupful of milk; stir into three cupfuls of sifted flour two heaping teaspoonfuls of baking powder, and sift several times; then add it, a little at a time, to the other ingredients. Stir the whole until it is a perfectly smooth batter; then butter well three good-sized jelly cake tins; divide the batter, pouring one-third in each tin and bake in a quick oven till the cake is a golden brown. Turn each cake out quickly on a thickly-folded napkin or towel; have ready a dozen medium-sized peaches, peeled and pitted, and sweetened to taste. Put a layer of the cake when cold on a plate, spread it well with a layer of the prepared peaches, then put on a layer of cake, cover this at the first, with prepared peaches, then put on the third layer of cake, which cover with the peaches and stand in a cool place, or on ice, until wanted to serve, then cover the top with whipped cream. This is said to be delicious.—G. R. D.

Breakfast Rolls.—At noon boil two good-sized Irish potatoes, mash fine and mix with one yeast cake, one tablespoonful of sugar and one of salt; set to rise. It should be very light by evening. Then add one pint of warm water, two tablespoonfuls of lard, and flour enough to make a sponge; in the morning knead, roll out, cut with a biscuit cutter, spread the top with butter, fold together, let rise until very light and bake.—M. R.

Damsons, greengages and yellow-gages require one and one-half cupfuls of sugar to each quart of fruit. Puncture each plum two or three times with a darning needle, place in layers with the sugar and let stand overnight. In the morning bring slowly to the boiling point in the juice made, and let simmer until the fruit is tender, but not broken; skim, and can in air-tight jars. Use no water; the juice will be sufficient.—M.

Canning Peas And Corn.—Requested

A reader sent us, with an endorsement, the following:

Gather the peas when young and tender—just right for cooking—and shell, wash in cold water, drain well and pack in cans, shaking down well, the tighter the better. Fill the can full; then fill to the brim with cold water, adjust the rings and put the covers on loosely. Place anything—a rack, hay or thick cloth, in a kettle having a flat bottom (usually a boiler,) to prevent contact; then put in the cans, separating them from each other with a folder cloth. Fill the kettle not quite to the top of the cans with cold water, bring to the boiling point and boil three hours, adding boiling water as that in the kettle evaporates. (The kettle should be first covered with a thick towel, and then the lid put on as closely as possible, when the heating process is started). At the end of three hours, let the water cool sufficiently to allow the cans to be lifted, one at a time, and the covers screwed down tightly without taking them from the cans, then returned to the water and boiled half an hour longer. Take the kettle from the fire and let the cans remain in the water until

cool enough to handle. If the covers have been screwed on as tightly as possible, no further tightening should be attempted, as it will break the connection established by the heat between the rubber and the jar and top.

For green corn, the corn should be cut carefully from the cob, so as not to remove any of the coarse husk, packed tightly in the jars, pounding it down hard; then proceed precisely according to above directions with the exception that for corn, the last boiling must be one hour, instead of a half hour.

Both corn and peas must be wrapped in paper, each jar separately and kept from the light and heat.

Wrong Dieting

The early races had and used an abundance of two kinds of food of which we certainly stint ourselves in a most unaccountable manner, when the inexpensiveness and importance of either is taken into consideration. These early people had to work, and work hard, in the open air for their food, and the work gave them a desire for water, of which they doubtless partook freely. The exercise necessary in the open air gave them appetite, and thirst, and they not often get too much of other kinds of food. We have food set before us in such abundance, and with so little labor on our part, that we over-eat without realizing it, and if we drink at all it is at meal-time, to wash down the food which should be moistened with the natural secretion of the mouth and throat instead. This bolting of food and flooding the stomach with made drinks at meals causes so many ills of the modern man, that it may be said, with few exceptions, that if we are ill-tempered or irritable, or ill, it is usually our unnatural way of eating that is at fault. It is a foolish waste to lose one's comfort and usefulness because of wrong eating. The chief object of the thorough mastication of our food so earnestly insisted upon, and its saturation with saliva in the mouth, is to protect the stomach from overwork. An over-worked stomach can not prepare the food with thoroughness for the final act of digestion, intestinal absorption, and it would seem as though one might learn this lesson from so much teaching; but the human animal bolts its food and washes it down with no regard to any known physiological knowledge.

In order to perform the work of nourishment, and keep the system clean, water is necessary in large quantities; but it should be taken between meals. None of the internal organs can satisfactorily perform their functions if deprived of water with which to wash the dead tissues out of the body. The lungs must have plenty of air, the stomach, water in abundance as well as food. If deprived of these, no work can be well done, and the penalty is ill-health.

It is said that cut flowers may be kept nicely over night if excluded from the air. To do this, sprinkle thoroughly with water, then place in a box and cover with wet cotton or thin paper, and keep it in a cool dark place.

Sympathy

Some of the newspapers are wondering why more sympathy with Russia is not felt and expressed by the United States.

If sympathy with the Russian people is what is meant it is clear that there is a strong feeling for them throughout America. The editorial columns of American newspapers are fairly ringing with expressions of regard and interest. They are outspoken in concern for the welfare and the future of the millions who are suffering in Russia.

It is only in the case of the Russian

government that sympathy falters. It is impossible for the American people to have a very tender feeling for a government so blind to its own weakness and so deaf to the cry of need from its masses. They do not waste many tears over a government that, after years of duplicity and treachery, went to war to defend a dishonorable position; that has made a sad mess of the whole problem and that sends its thousands of men to foredoomed defeat and sure death for wanton indifference. They do not care for a government made up of a clique of pampered and incompetent grand dukes and a weak and shallow czar.

Yes, in America there is plenty of sympathy with the downtrodden Russian people; there is scant sympathy with the self constituted masters—Louisville Courier-Journal.

CONGRESSIONAL POWERS

"The Commercial Power of Congress," by Paul Jones, counsellor at law, press of Clarence S. Nathan, New York. A volume that will prove peculiarly valuable just at this time has come from the pen of Paul Jones, LL. B., of New York City. Its title is "The Commercial Power of Congress" and the whole subject of the legislative regulation of trade is gone into extensively and with full evidence of exhaustive research. It is a most important contribution to the literature of the present period when the regulation of corporations, control of so-called combines and the limitation of railroad charges are such weighty questions in the world of business. Of peculiar value to the legal fraternity also is the work, since the courts are passing upon trade issues that are constantly arising for determination. Mr. Jones has traced this feature of the constitutional power of congress from its earlier development to the present time, and there is an abundance of notation of decisions and citation of controversies that have arisen over the exercise of legislative control. While the volume will be found peculiarly useful in the law office, it will also prove of great value to those who interest themselves in questions of public welfare.—From Cincinnati Enquirer, April 24, 1905.

WANTED TO SLEEP

Curious That a Tired Preacher Should Have Such Desire.

A minister speaks of the curious effect of Grape-Nuts food on him and how it has relieved him.

"You will doubtless understand how the suffering with indigestion with which I used to be troubled made my work an almost unendurable burden, and why it was that after my Sabbath duties had been performed, sleep was a stranger to my pillow till nearly daylight.

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"Six months have elapsed since I began to use Grape-Nuts food, and the benefits I have derived from it are very definite. I no longer suffer from indigestion, and I began to improve from the time Grape-Nuts appeared on our table. I find that by eating a dish of it after my Sabbath work is done, (and I always do so now) my nerves are quieted and rest and refreshing sleep are ensured me. I feel that I could not possibly do without Grape-Nuts food, now that I know its value. It is invariably on our table—we feel that we need it to complete the meal—and our children will eat Grape-Nuts when they cannot be persuaded to touch anything else." Name given by Postum Co., Battle Creek, Mich.

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