



## "Under Fire"

The woman behind the preserving pot  
Is surely deserving of fame;  
She's not like the man behind the gun,  
But she's "getting there," just the  
same.  
The hero is trying to maim or kill,  
And great is his show of nerve;  
But praise should go, too, to the  
woman who  
Is using her skill to preserve.

No time is she wasting in drill or  
march,  
Which fits the brave soldier for  
strife,  
But she gathers around her whate'er  
she'll attack,  
And then gets to work with her  
knife.  
She pares and she cores, and she  
slices with care  
'Til fingers and muscles are sore;  
Then, hither and thither in other  
tasks,  
She skirmishes over the floor.

She gallantly stands at the firing line,  
Unmindful of heat and toil;  
All flushed in her face and her fine  
eyes strained  
By watching the things that must  
boil.  
She spices and sweetens and stirs and  
skims,  
'Til weary from head to her feet;  
But bravely she stands till her work  
is done,  
With never a thought of retreat.

She carefully gathers the harvest of  
sweets  
Her deft hands have patiently made;  
The marmalades, pickles, and jellies,  
preserves,  
In jars, glasses, crocks are dis-  
played.  
She works not for plaudits, or chap-  
lets, or praise;  
Yet, while she no laurels may claim,  
The woman behind the preserving pot  
Is surely deserving of fame.

—Selected.

## Home Chat

We are so busy, at this season,  
gathering up the fragments, or saving  
the surplus for consumption during  
the barren days of winter, that we  
hardly have time to talk of anything  
except the pots and kettles. There  
is not much poetry in it, but there is  
considerable profit, if we count the  
fact as worth while, that we shall  
have pure foods and unadulterated  
sweets, pickles and preserves, jams,  
jellies, butters, and canned things  
with the constituents of which we are  
perfectly familiar, and which we shall  
not fear to set before our hungry  
household.

So, the recipe books occupy the  
place of honor, and even the papers  
and magazines lose their attractive-  
ness, except as we consult the Wo-  
man's departments, in the hope of  
finding recipes which are the "sure  
thing." The wise woman has made a  
scrap book of all the tried recipes,  
and whatever pleases her is ready  
at her hand for use. The unwise  
woman has "let the paper get lost,"  
and the recipe with it, and she writes  
to the woman editor, asking her to  
please send a recipe which she print-  
ed sometime last year, giving direc-  
tions how to put in certain fruits,  
etc.; and the woman editor, having  
published many recipes of the kind,  
is at a loss to know what her reader

wants, and a time-consuming corres-  
pondence follows; by the time recipe  
is designated and hunted up and trans-  
mitted to the housewife, the "season"  
is about over, and the recipe is not  
used; then, instead of pasting it in  
her scrapbook for the next year, it is  
lost again, and the housewife does  
without. Don't you think it is safest  
to follow the example of the wise  
woman? Begin the scrap-book now.

## Plums

**Canning Without Cooking.**—Take  
enough large yellow plums to fill a  
quart can (I suppose other colors will  
do, but our correspondent says yel-  
low.) Put them into a granite or  
earthen pan and pour boiling water  
over them and let stand three min-  
utes, then drain; pour over them  
more boiling water, which will crack  
the skins. Remove the skins, and  
place the plums carefully in a hot,  
sterilized glass jar. Have ready a  
thick syrup made by boiling two cup-  
fuls of granulated sugar that has  
been moistened with water, and  
cooked to the brittle stage. Pour the  
boiling syrup over the plums and  
seal. The syrup will form like icicles,  
but after a few days will dissolve.  
As it is hard to tell just how much  
it will take to fill a can, make enough  
to fill two or three cans at once.  
Plums put up in this way retain their  
flavor much better than when cooked;  
but everything must be "boiling hot,"  
to insure success.

**Canning Cooked Plums.**—Fill the  
jars with ripe, perfect plums and  
press down; put on the tops lightly.  
Set the jars on a piece of board or a  
rack in the wash boiler, add enough  
water so it will not boil dry for three-  
quarters of an hour, which will be  
long enough to cook the plums. When  
done, drain off the pure, clear juice  
from the jars and set aside for jelly;  
fill the jars within an inch of tops  
with plums from one of the hot jars  
and fill with hot syrup and seal.  
Plums are rich enough without the  
juice, and you will find both the plums  
and the jelly delicious.

**Spiced Plums.**—(Relish for game,  
poultry and mutton.) Wash, drain,  
pick over and weigh the plums, prick  
the skins slightly, then pack them  
down in earthen jars with one-half  
their weight of sugar. Strew through  
the fruit while packing whole cloves,  
whole allspice, slightly-bruised ginger,  
and stick cinnamon, to taste. Put in  
also a few whole black peppercorns,  
and to each jar allot a single pod of  
the small red pepper. Take half a  
pint of cider vinegar for each pound  
of fruit, add to it as much sugar as  
the fruit was packed in; bring to a  
boil, skim well, and pour, boiling hot,  
over the plums. Let stand twenty-  
four hours, then drain off the syrup,  
boil up, skim, and return, boiling hot,  
to the fruit. Do this three times,  
then put the fruit and syrup together  
in the kettle, let boil five minutes,  
skimming well, fill jars and cover  
closely.

**Plum Catsup.**—Wash and drain four  
quarts of plums; cover with a quart  
of water and cook slowly until tender,  
then press through a sieve, rubbing  
through as much of the pulp and  
skin as you can; return to the kettle;  
add three-fourth pound of sugar, two  
level teaspoonfuls of cinnamon, a half-  
teaspoonful of allspice, and one tea-  
spoonful of ground cloves; simmer  
gently, stirring to keep from scorch-

ing, until as thick as tomato catsup;  
then bottle and cork.

Stone fruits should have only water  
enough added to prevent burning, as  
they ferment very quickly unless all  
the water is cooked out of them. For  
peach jam or preserves, always add  
one kernel (the inside meat of the pit,  
or stone) to every half-a-dozen  
peaches, while the peaches are boil-  
ing in water, and before the sugar is  
added. Peel the peaches, the free-  
stones are the best for jam; cut up  
fine and cook in just enough water to  
prevent scorching. When they are  
perfectly soft, add the sugar, which  
should have been measured before  
the fruit was cooked, allowing pound  
for pound if the peaches are not  
sweet, and for sweet ones, three-  
fourth pound of sugar to the pound  
of peaches. Cook the jam until done,  
mashing the fruit well. Care must be  
taken, constantly stirring, not to cook  
it too long, as this hardens it; or  
cooking it to little, as in this case it  
is apt to spoil. Peach butter is made  
in the same way, and the slightest  
scorch will spoil a kettleful.

Almost any fruit is good in mar-  
malade, but the quince, orange, grape  
and plum are perhaps the best. Im-  
perfect fruits that require much cut-  
ting may be utilized in this way.

## A Strengthening Bath

Just try this some morning when  
you feel particularly "good-for-noth-  
ing." It is wonderful what toning up  
qualities lie in the "at home" salt  
bath. The pores must be unclogged by  
a good scrubbing and scouring in a  
plain water bath of about 95 degrees.  
Then, while still in the water, have  
some one (if you cannot do it for  
yourself) take handfuls of coarse,  
moist salt and scrub your body and  
limbs thoroughly with it, washing it  
off with clean cool water. Then when  
drying off, take a soft coarse towel  
(Turkish toweling preferred,) and  
give yourself a quick and thorough  
rubbing down, not missing any part  
of the body or limbs, and I will war-  
rant you will feel much better than  
when you began to bathe. For one  
whose system is exhausted, it is well  
to have an attendant to do the "stren-  
uous" part of the bath, the bather  
helping as able, but for the friction  
after coming out of the water, it is as  
well to let a skilled attendant do that.  
The massage movements are easily  
learned, and any one may give the  
bath and the after friction, with the  
help of the patient.

Many learned people object to so  
much "tubbing" as others recommend,  
while others, just as high in authority,  
claim that not enough is done. Be-  
tween these conflicting authorities,  
one must choose for himself, and  
whatever conduces to comfort should  
be considered. Much water-drinking  
has become the fashion, and let us  
hope it is not a "fad," to be discarded  
with the hour. A healthy skin is a  
clean skin, and dirt will scarcely ad-  
here to it; but there are few healthy  
skins, and consequently, until we  
know, and practice the knowledge,  
how to get and keep health, we will  
have to "tub" or go dirty.

## Query Box

S. L.—Wash the chamios skin in  
clear, tepid water, hang up, and when  
nearly dry rub until soft and pliable.  
Elma.—Meringue is pronounced as

though spelled merang, with accent  
on second syllable.

Chesley.—Black lace should be  
washed in milk, and when nearly dry  
pull into shape.

J. M.—One of the cheapest disin-  
fectants is copperas. Dissolve one  
pound in four quarts of water and  
pour down the drain pipes once a  
week.

Mrs. H.—Elderly ladies wear all the  
prevailing dark colors, and many  
light ones. Purples, browns, all the  
grays, black and white, deep red and  
nary blues, according to becoming-  
ness. Elderly ladies always look  
well in white.

Housewife.—Rub the spots on the  
leather of your dining room chairs  
with a little sweet oil; if this does  
not change the color, add a very little  
ammonia. Rub the spots well, and  
then all the leather, that it may be all  
of one color.

Cassie.—Whole wheat bread may  
be made just the same as you make  
white flour bread, only using whole  
wheat flour. Whole wheat flour is  
not graham flour; it is ground finer.

Janet M.—For the bottles, use new  
corks; put them in the oven or boil  
them a few minutes to sterilize them;  
sterilize the bottles by filling with  
boiling hot water, fill, and put the  
hot corks at once in them, press-  
ing down, and dip the cork and neck  
of the bottle at once in hot sealing  
wax.

T. D.—For the white silk handker-  
chief, wash in soap suds, using a pure  
white soap, without rubbing the soap  
on the silk; rinse well twice; the sec-  
ond time in water having a very slight  
tinge of bluing; dry quickly, and hav-  
ing an old muslin cloth between the  
silk and the iron, iron with a moder-  
ately hot iron.

B. P.—To keep weevil out of dried  
beans and peas, this is recommended:  
Fill a large pan nearly full of the  
peas or beans; pour one tablespoonful  
of melted lard over them, and stir  
thoroughly with the hands, until every  
bean or pea is oiled; this will take  
but a little time; continue the pro-  
cess until the entire crop is oiled.

Jasmin.—For the traveling case for  
toilet necessities, line the pocket for  
the sponge or wash rag with a piece  
of India rubber cloth. If the case is  
linen, or any material that requires  
laundering, it may be washed in mod-  
erately hot water without injury, and  
care must be taken not to press the  
outside pocket with an iron hot  
enough to melt the rubber.

Mrs. J. B.—Salicylic acid is claimed  
by competent authority to be injurious  
to health, and is unnecessary if the  
housewife is careful and cleanly about  
her canning. (2) Generally the reason  
that catsup spoils after sufficient boil-  
ing may be found in the quality of  
the fruit or vegetable used, or in un-  
clean or poorly corked bottles.

Tess.—It is allowable to eat Sara-  
toga chips with your fingers if you so  
desire. French fried potatoes should  
be eaten with a fork. (2) Remove the  
fruit pits from the mouth carefully  
with the spoon, and place on the side  
of the plate. (3) When corn is served  
on the cob, you may eat it from the  
cob, or cut it off, as you please.

Worried Mother.—For the chiggers,  
bathe the little fellows every morning  
with water in which a few drops of  
a change of clothing. Or rub with  
them all over with strong soap suds,  
rinsing lightly in clear water when  
they come indoors, and giving them  
a change of clothing. Or rub with  
camphorated oil in the day time and  
wash at night with tar soap. Liquid

## BETTER THAN SPANKING

Spanking does not cure children of bad wetting.  
If it did there would be few children that would do  
it. There is a constitutional cause for this. Mrs. M.  
Summers, Box 118, Notre Dame, Ind., will send her  
home treatment to any mother. She asks no money.  
Write her today if your children trouble you in this  
way. Don't blame the child. The chances are it  
can't help it.