

under the steamer or in the cooker must be boiling briskly when the jars are set in, and it must not be allowed to cease from boiling while the jars are inside. It is the steam which cooks, and there must be plenty of it.

Canning Tomatoes in Glass Jars

Some housewives contend that tomatoes cannot be canned "to keep" in glass jars, but I have always used them with success. When ready to put away, they should be wrapped in thick paper, or put in a box with a covering to exclude the light. Light is said to cause them to spoil. Much trouble is caused by defective covers which do not fit closely to the jars. When ready to use the jars, see that the edge of the top fits down closely all around without the rubber on. Use only good, soft rubbers, and one to a jar. See that the jar, top, and rubber are perfectly clean. Use only good, sound, firm fruit, rejecting any that are in the least rotted. Parts of rotten tomatoes may possibly "keep," but it is best to take no chances. Put them into a vessel, pour boiling water over them, and when the skin slips easily pour off the water and peel quickly. Do not try to fill more than four to six jars from one boiling, and even less than that number is better. Put the peeled tomatoes into a porcelain-lined kettle with just enough water in it to prevent sticking to the bottom, and bring gradually to a boil. Do not boil fast, but enough to heat the fruit well-through. Have a dishpan convenient with a sufficient quantity of very hot water in it, and in this water roll the jar (carefully, to prevent cracking), laying the metal top in the scalding water until ready to use it. Empty the water out of the jar, set it up and fill quickly with the tomatoes from the kettle, which have been kept at the boiling point. Fill as quickly as possible, wipe off adjust the rubber, take the top from the pan and screw it down as tight as possible, and set the jar away upside down to cool, after wiping it off clean in the hot water. When cooling, examine to see if there is any leakage around the top; if not, let stand upside down until ready to wrap up and put away in the cool darkness. If any jar is found leaking, pound down the edges of the lid with a small hammer or knife-handle, wipe dry and try it again. If the leak continues after one or two "hammerings," empty the can, reheat the contents and use another lid or rubber—usually the lid is at fault. Do not try to screw the top on any tighter after the jar is cool, as some advise, for this is a prolific source of "spoilt" contents. When the tops are screwed down as tight as possible while everything is hot, the rubber softens and seals the jar by cementing top and jar together. The average sized, smooth tomato is the nicest for canning, as with care, it can be put up whole; in filling the jar, dip the tomatoes out of the water into the jar, using only enough of the water to cover the well-packed fruit, and the water may be canned or bottled after the tomatoes are all finished, and it is excellent for soups. Good, ripe, fresh fruits, perfectly clean and sweet jars, top and rubbers well-fitting, the fruit put into the jars boiling hot and the tops screwed down quickly as tight as possible, tested for leakage and put away in the wrappers in darkness, is almost a guarantee that your work will be crowned with success.

Laundering Linen

The heavy linen dinner cloth should never be permitted to go through the wringer unless the pressure is very slight. Wringing it through under ordinary pressure makes wrinkles in

the cloth which will not iron out. Wring all table linen by hand, rinse in warm, slightly blue water, shake thoroughly, and fold right side out lengthwise of the cloth down the center, fold again lengthwise and roll securely in a towel, and allow to stand an hour. Iron, folded double, until perfectly dry, alternating the sides. Fold each selvage back even with the center and crease with the iron, thus making three parallel lines down the cloth. Roll loosely on a tubular shape; this does away with the cross lines. Heavy linen needs no starch when laundered thus.

The Use of Slang

One of the crying sins of the age is the very general and promiscuous use of slang words and phrases, by young persons of both sexes. In fact, the evil is not confined to young people alone, but is used by their elders also, who should set a better example. Even when it comes from masculine lips, a slang phrase is anything but elegant. From a woman it is simply disgusting. Many times young girls are thoughtless, and use such language because they hear it from others. But, don't use it, girls. True, it is sometimes expressive, but trite, or slang expressions are not in good taste, in any conversation, nor do they add to the strength of a written article. To a woman of culture and refinement, such expressions are abhorrent, and they at once stamp the person using them as wanting in good taste, to say the least. The use of slang is an offense against good manners, and should be relentlessly frowned upon by parents who have the good of their daughters at heart.

Not long ago I was waiting on a corner, for a street car. A very pretty young girl stood near me, who attracted my attention by the excellent taste in which she was dressed. Her dark skirt, with shirt waist and Eaton jacket to match, called for more than one admiring glance, and gloves, shoes and hat, all charming of their kind, also came in for their share of admiration. But the spell was broken when the pretty lips opened to say: "There must be something rotten about the way these cars are run." We had been waiting nearly five minutes. Again the speaker asserted that "it was something fierce to wait so long," etc., but my interest in her had vanished.

At another time I heard a young man say, of just such a girl, "Yes, she is very pretty, until she opens her mouth." And this accords with my own ideas; no girl is attractive who defiles her mouth with slang talk.

For the Carpet

If it is not desired to take up the heavy carpets, go over the edges carefully with a damp cloth and press with hot flat iron, and the moths, worms or eggs will be destroyed. In case there should be suspicion that the carpet is the hiding place of moths, take it up at once and have it thoroughly beaten and cleaned. Then go over the floor carefully, washing well with strong lye-water, or with a strong solution of alum, or go over it with benzine (gasoline), and follow this with a liberal sprinkling with red pepper. When the carpet is again in place and has been tacked down, it should be gone over with a cloth wet in diluted turpentine—three tablespoonfuls of turpentine to three quarts of water, changing the water frequently. It may be better to use red-pepper tea, instead of the dust, as the pepper is disagreeable to some persons, even under a tick carpet.

Query Box

O. M.—Diet alone will not reduce flesh. Systematic exercise is better than anything else to prevent the accumulation of fat. Obesity is some-

times a matter of temperament and heredity; a person of active, energetic habits and temperament is seldom fat. It is also a symptom of diseases, sometimes.

Mrs. J. B.—For the scorched spot, make a paste as follows: Press the juice out of two onions, and add to it one-fourth ounce of finely-shaved white soap, two ounces Fuller's earth, and half a pint of good vinegar. Mix and boil, stirring, until thoroughly blended, then spread over the scorched spot, lay in the sunshine a few hours and wash as usual.

Annie M.—Cocoa butter is from the cocoa bean, not the cocoanut. One-half the weight of the cocoa bean consists of a fat resembling ordinary butter. It is considered a very nutritious and strengthening tonic for use in pulmonary complaints, much preferable to cod-liver oil. It is also used in toilet preparations, for chapped hands and lips and irritated surfaces, and also for fattening the tissues of the face, neck and arms, making the skin very soft and smooth.

Mrs. L. R.—The Sunday evening meal is usually more of a luxury than a necessity, and should be light, well-planned and well-cooked, with enough of one or two dishes, rather than too much of too many. Its object is the drawing together of friends and the family in a social sense. Sandwiches may be of meat, eggs or vegetables, though meat and lettuce sandwiches are most usual. Sandwiches should be made of home-made bread, not too fresh to cut well, but not stale.

Mollie O.—A sweet sandwich, easily prepared, and which goes well with a cup of tea, is made of thin slices of bread, buttered, trimmed and shaped. Bitter chocolate is grated and sweetened to taste with granulated sugar, then a small piece of butter is melted and the sweetened chocolate added to it; take from the fire and let cool, and if it is too thick to spread well, moisten with a little cream and spread between the buttered slices of bread.

GREAT NAVAL BATTLES

The great naval battles in history are listed by the Sioux City Journal as follows:

- Dover Straits.....Nov. 25, 1625**
The Dutch Admiral Van Tromp, with 80 ships, attacked and destroyed 40 English ships and sailed away with a broom at his masthead to show that he had swept the seas of the British fleet.
- Portsmouth.....Feb. 18, 1653**
British Admiral Blake defeated Van Tromp, sinking 41 ships.
- North Foreland.....June 2, 1653**
Blake with 100 men of war, defeated Van Tromp; captured six Dutch ships, sunk 11.
- Holland.....July 31, 1653**
Blake defeated and killed Van Tromp; sunk 30 Dutch ships.
- Bordeaux.....Dec. 4, 1664**
Duke of York defeated and sunk 130 French ships.
- Harwich.....June 3, 1665**
Duke of York defeated Dutch Admiral Opdam; captured 18 ships; destroyed 14.
- Flames.....July 25, 1666**
Dutch lost 24 ships, four admirals and 4,000 men killed.
- Cape St. Vincent.....June 16, 1693**
British Admiral Benbow defeated by French.
- Cape Finisterre.....May 3, 1747**
Admiral Anson captured 38 French ships in battle.
- Cape St. Vincent.....Feb. 14, 1797**
Sir John Jervis, with 15 ships, defeated 27 Spanish ships, capturing four and sinking 23.
- Camperdown.....Oct. 11, 1797**
British Admiral Duncan defeated Dutch fleet, sinking 15 ships.

- Nile.....Aug. 1, 1798**
Lord Nelson defeated French fleet, capturing nine ships and burning two.
- Copenhagen.....April 2, 1801**
City bombarded by Lord Nelson; Danish fleet of 23 ships of the line attacked, 18 destroyed.
- Trafalgar.....Oct. 21, 1805**
Lord Nelson, with 27 ships of the line, defeated combined French and Spanish fleets with 33 ships; Nelson's signal was: "England expects every man to do his duty," Nelson killed.
- Yalu.....Sept. 17, 1894**
Japanese defeated Chinese fleet, sinking eight modern cruisers.
- Manila.....May 1, 1898**
Dewey defeated Spanish fleet and gave Philippines to the United States.
- Santiago.....July 3, 1898**
Americans defeated Spanish fleet, destroying five modern armored cruisers.
- Chemulpo.....Feb. 9, 1904**
Japanese fleet destroyed the Russian cruiser Varlag and the gunboat Korietz.
- Port Arthur.....Aug. 10, 1904**
Togo defeated Russian fleet, driving five battleships and two cruisers back to the harbor, dispersing rest of fleet.
- Korean Straits.....Aug. 14, 1904**
Kamamura defeated Vladivostok fleet, sinking the Rurik.
- Tsushima Straits.....May 27-28, 1905**
Togo defeated Rojestvensky, sinking two battleships, five cruisers, one coast defense ship, two special ships, three destroyers; two battleships, two coast defense ships, one special service ship and one destroyer captured.

FEED YOUNG GIRLS

Must Have Right Food While Growing

Great care should be taken at the critical period when the young girl is just merging into womanhood that the diet shall contain all that is up-building, and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness will follow; on the other hand unhealthy cells may be built in and a sick condition slowly supervene which, if not checked, may ripen into a chronic disease and cause life-long suffering.

A young lady says:

"Coffee began to have such an effect on my stomach a few years ago, that I was compelled to quit using it. It brought on headaches, pains in my muscles, and nervousness.

"I tried to use tea in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk alone at my meals, but it never helped me physically, and at last it palled on me. A friend came to the rescue with the suggestion that I try Postum Coffee.

"I did so, only to find at first, that I didn't fancy it." But I had heard of so many persons who had been benefited by its use that I persevered, and when I had it brewed right found it grateful in flavor and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Postum Food Coffee!

"In every respect it has worked a wonderful improvement—the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than I ever was before, and I am sure I owe it to the use of your Postum Food Coffee." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

AN OLD AND WELL TRIED REMEDY
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.