

still firm and sweet, and canned with little boiling, they should taste just like fresh ones. If glass jars are used for putting up tomatoes, in addition to being sure the jar is sealed airtight, the jars should be wrapped in dark paper, or several thicknesses of newspaper and put away in a dark place.

To have fresh tomatoes late in the season, try this: When the frost kills the vines, pick all the good sized green tomatoes and wrap each separately in a piece of newspaper. Pack away closely in a box or basket and set them in a dry room where the temperature is as low as possible without freezing; the object is to keep them firm and solid, but not to ripen. As they are wanted for the table, bring out a few at a time into a warm room and gradually accustom them to the sunshine; they will ripen quickly, and though less tender than the vine-ripened ones, are a good substitute. They may be kept in this way until the holidays. Another way is to pull up the vines just before a hurtful frost, leaving the tomatoes on the vine and hang it up by the roots in an out-house until freezing weather. The tomatoes will ripen.

The vegetable refuse from the house and the garden should be put into a hole dug for that purpose, a handful of soil being sprinkled over the top of the garbage every day or two to kill the smell and prevent flies from infesting it.

**"Air Tight"**

Get your jars, tops and new rubbers all ready and sterilize by scalding jars and tops in hot water. Then fill the jars with hot water, put on the rubber and top, screw down tight as if to be set away; then turn bottom up, and let set for a few minutes. If there is anything defective, the water will leak out. It may be the fault of the top, which may be bent, or does not fit the jar; or there may be trouble with the jar—the "shoulder-ridge" may need filing down. Examine

**GOOD AND HARD**

**Results of Excessive Coffee Drinking**

It is remarkable what suffering some persons put up with just to satisfy an appetite for something.

A Michigan woman says: "I had been using coffee since I was old enough to have a cup of my own at the table, and from it I have suffered agony hundreds of times in the years past.

"My trouble first began in the form of bilious colic, coming on every few weeks and almost ending my life. At every attack for eight years I suffered in this way. I used to pray for death to relieve me from my suffering. I had also attacks of sick headache, and began to suffer from catarrh of the stomach, and of course awful dyspepsia.

"For about a year I lived on crackers and water. Believing that coffee was the cause of all this suffering, I finally quit it and began to use Postum Food Coffee. It agreed with my stomach, my troubles have left me and I am fast gaining my health under its use.

"No wonder I condemn coffee and tea. No one could be in a much more critical condition than I was from the use of coffee. Some doctors pronounced it cancer, others ulceration, but none gave me any relief. But since I stopped coffee and began Postum I am getting well so fast I can heartily recommend it for all who suffer as I did." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville." "There's a reason."

carefully, and if the ridge is the trouble, empty the jar and file it down; try it again; if the top is bent, take a case-knife or a small hammer and gently pound the rim down into the rubber until the leak is stopped. If neither of these helps matter, try another top, laying that aside; it may fit another jar. Keep doing this until you have tested all your jars and fitted tops and rubbers to them. Do not use old, hard rubbers; get new ones for each canning. After filling the jars with the fruit, screw down the top tightly and test it in the same way. Many housekeepers leave the jars setting bottom up until cool. Do not try to make use of a lid or top that is much bent or out of shape, even though apparently otherwise all right. There may be a tiny air-hole which escapes detection, and the fruit will spoil.

Spoilt fruit is not always caused by defective jars. Much fruit spoils because it is spoilt before it is canned. Even though it may not burst the can, the taste and flavor may be bad.

In canning pears use the same proportions of fruit, sugar and water as directed for peaches; pare and halve the pears and cook them in boiling water until tender; then drain and add them to the boiling syrup, spicing to taste. Let simmer for five minutes and put into self-sealing jars.

**Requested Recipes**

"Subscriber"—As you did not specify the kind of vegetables or fruits you wish to pickle, I will suppose you mean to use cucumbers. It is impossible to give any recipe or answer any query "in next week's issue" after you send the letter away. You must allow two weeks before hoping for a reply. Here are some good recipes, but I should not advise you to make "large quantities" after any recipe until you have tried, and know you can succeed with it.

Prepare one hundred suitable sized cucumbers, packing them in a wooden keg or earthen jar; dissolve one pint of fine salt in boiling water, enough to cover them, and let stand covered for twenty-four hours. Then drain the water off and rinse, by pouring clear water over them. Dissolve in the same quantity of boiling water a piece of alum the size of a hen's egg, pour over the pickles hot, cover and let stand six hours; pour off again and rinse. Scald enough good cider vinegar to cover the pickles; add to this one-half ounce each of cloves, cinnamon and white mustard seeds, with one cupful of sugar, and while boiling hot pour over the cucumbers; keep under the vinegar by means of a plate and weight.

No. 2—Pick cucumbers not over two inches in length, wash well and pack close together in glass cans. Heat cider vinegar, allowing a pint for each quart jar, if the cucumbers have been closely packed, and drop into it one-half teaspoonful of salt and one teaspoonful of pepper for each pint. Bring vinegar to a boil pour over the pickles and seal at once.

No. 3.—Cover cucumbers with boiling water and let stand for twenty-four hours; pour off and to one gallon of good cider vinegar add one teaspoonful of salt two tablespoonfuls each of alum, cloves, allspice, cinnamon and white mustard seeds; bring this to a boil and pour over the cucumbers (which have been packed in a wooden keg or earthen jar) while boiling hot. Cover well and set in a cool place. If good vinegar is used, and the pickles are weighted down into the vinegar they should keep the year round. If objections are made to the alum, it may be omitted, but it serves to harden the pickles.

No. 4—Pack nice cucumbers in a

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jar, tub or keg, placing in alternate layers cucumbers, horse radish leaves with mustard pods, and a few nice grape leaves. Make a weak brine and cover them with it. Let stand four days. Drain off and cover with strong cold vinegar. Let stand a week, then drain and throw away the vinegar, and cover again with strong, cold vinegar and such spices as you may wish in little muslin bags laid about among the pickles.

All pickles must be kept under the vinegar or brine in which they are placed, or they will spoil.

Spice Pickles (Sweet)—Select tiny green cucumbers and pour over them in a jar a strong brine, heated to the boiling point. When the brine has become cold (the next morning) heat it again and pour over the cucumbers. When cold the second time, drain, and throw away the brine; and rinse the pickles in cold clear water. Dry them carefully and pack in a jar; make a syrup of one quart of vinegar and eight cups of sugar—preferably brown; put in mixed whole spices to suit the taste, having them tied up in little muslin bags, using a tablespoonful of the mixed spices to two quarts of the pickles; heat the vinegar and spices to the boiling point and pour over the pickles. Pour off the next morning, heat again, and pour over the pickles. If packed in two-quart jars, put into each jar on top two or three small red peppers, if liked. If the syrup seems too thin, pour off and thicken by heating. Spices, ready mixed, can be had of the grocer.

Canning Plums—Select fine fruit and prick each plum with a needle

to prevent bursting. To every pound of fruit allow three-quarters of a pound of sugar; for the thin syrup, a quarter of a pound of sugar to each pint of water. Make a syrup with the above proportions of sugar and water, and in this simmer the plums gently for five minutes. Skim out the plums and put into a stone or glass jar, pour over them the hot syrup until the jar is full to overflowing and seal airtight.

Spiced Damson Plums—One peck of damson plums, one quart of vinegar, seven pounds of brown sugar, one ounce each of whole cloves and broken stick cinnamon. Tie the spices up loosely in a net or thin muslin; put all the ingredients together and boil until the fruit is all broken and the juice becomes thick. Take from the fire, and while still warm, with a small spoon skim off the seeds which will float on the top. Put in airtight jars and keep in a cool, dry place.

Canning Plums—Allow one and one-half cupfuls of sugar to each quart of fruit. Puncture each plum two or three times with a darning needle. Place the plums and sugar in layers in a jar and let stand over night. In the morning set on the stove in a porcelain-lined kettle and bring slowly to a boil, then let simmer until the fruit is tender, but not broken. Skim and lift into jars and seal.

Spiced Grapes—Mash ripe grapes through a colander and cook the pulp with a pound of sugar to each pound of pulp, half teaspoonful of vinegar, a teaspoonful each of cloves and cinnamon, and half a nutmeg. Boil well together, stirring to keep it from scorching until rich and thick. Keep in self-sealing jars.