

who are so situated that they can not avail themselves of gas or electricity, as the alcohol can be used not only as fuel and lighting, but as a motive power for performing much of the hard work of the house. The inventions called for in order to render its use available are rapidly developing, and much of what is now the veriest drudgery will be done away with. The deadly gasoline can, which works so disastrously in the hands of the careless, will be superseded by the safer fluid, and the alcohol should be hailed with rapture by the boy who must now spend his spare moments belaboring the woodpile. Several bulletins on the subject are issued by the department of agriculture, and it would be well to write to the secretary, asking for these publications, which are free for the asking. These inventions will do much toward solving the problems of the housekeeper, and of rendering the farm home attractive to the youth of both sexes.

Query Box

Troubled—See recipe for making cucumber cream in another column.

Jennie M.—The bread mixing machine is well spoken of, but personally, I know nothing of it. Several makes are on the market.

Tessie L.—To clean the white duck hat, moisten magnesia with naphtha and rub well into the cloth with a brush, and when dry, rub off with a brush. Repeat if necessary, but do not use where there is fire.

"Indignant Sue"—I think you are right. A late health magazine tells us that "Parsimony in the husband begets cunning in the wife, and this passes down to the offspring and develops into thievery."

Ina S.—The first heating of the flat-iron over gas causes the metal to "sweat," by depositing vapor on the cold surface. When the iron is nicely warm (not cold) wipe off carefully and replace, and the iron will not soil.

E. S. M.—White kid shoes may be cleaned by rubbing with a piece of clean white flannel wet with benzoline. Work gently down the shoe, but do not rub the dirt in, and when clean, dry in the open air. Do not use benzoline where there is fire, flame, or hot sunshine.

J. D.—Farmers' Bulletin No. 142 treats of the "Principles of Nutrition and Nutritive Values of Food," and can be had by writing to the Secretary of Agriculture, Washington, D. C. It is free, and will answer all the questions you ask of me, authoritatively.

Mrs. Lee—To renovate the black ribbon, take very strong coffee that has been freed from grounds by straining through cloth, and after brushing the ribbon well to free it from dust, sponge gently with the coffee and iron carefully on the wrong side until dry.

C. L.—To settle the impurities that have been carried by rainwater from the roof, stir into the barrel of water one tablespoonful of powdered alum; stir well from the bottom, and let settle, when it will be quite clear. It is claimed that alum in this proportion will clear water in a cistern, but a good filter will be far safer and healthier.

"A Reader"—The green soap frequently mentioned by hair specialists is not the green cake of toilet soap found at the department or drug stores; it is a thick, green liquid, and comes in bottles, and is a German preparation especially intended for cleansing the scalp. After using it should be well rinsed out of the hair. It is not expensive.

Mrs. J. L.—Many people can not drink milk, and if it disagrees with your stomach, don't drink it, no matter who tells you otherwise. Chemists tell us that, during the process of digestion, foods undergo chemical changes which make of the most

wholesome foods actual poisons for some people. Find out what foods agree with you, and eat them in moderation. Many of us have "idiosyncracies." No one could prescribe a diet for another, with any surety of benefit.

Cucumber Cream

Take two pounds of cucumbers, just ripe enough for the table—neither "yellow" nor too green—and cut them up without peeling; then mash them in a wooden bowl, leaving them stand in their own juice overnight; then press out the juice and strain. Melt three and one-half ounces of sweet almond oil, nine drams of spermaceti, and two and one-half drams of white wax in an earthen vessel set into another containing boiling water—this is called a "water-bath;" add the strained juice to this, stirring all the time to mix them thoroughly, and it may be necessary to heat the juice to do this, and when the ingredients are all well blended, set on ice to harden sufficiently to beat with a wooden spoon. This beating is to separate the watery portion of the cucumber juice from the ointment. There will be a large quantity of this water to pour off, and when it is drained off, mix half an ounce of pure glycerine into the mass, working well with the hands until perfectly smooth. A few drops of tincture of benzoin may be added to preserve from fermentation. Cucumber juice ferments readily, and the preparation can only be kept by packing in small porcelain jars, hermetically sealed and kept very cold. Jars holding about one ounce each are preferred, as this amount can be used before opening another. Pour these jars about two-thirds full of the cream, then fill with strong rosewater, and cover closely, keeping very cold.

Canning Corn in Glass

"A Pleased Reader" sends the following as her method of canning corn in glass:

Have the corn as freshly gathered as possible, and in good condition for the table. Cut from the cob raw, scraping lightly over the cob to get the rest of the grain, but do not get the bran. Take good, sound self-sealing jars (Mason's preferred), with new rubbers and well-fitting lids. The lids should be tested by filling the jar with hot water and screwing down the lid tightly and standing it bottom up to see that it does not leak. Those standing the test are then ready to wash. Nail strips of wood together and lay in the bottom of a wash boiler, with cross pieces down. Place lids and jars on this and pour over them to cover a cool suds made with a good soap powder and water, and bring to a boil. Then let cool so as to handle, and as soon as the heat will allow, empty the suds out and fill the jars with clear, boiling water, rinsing good and turning bottom-side up to drain and dry. They must be perfectly dry when filling begins. Have new rubbers adjusted; then take your prepared corn and pack into the jar, a little at a time, as solidly as possible, pounding down with a little pestle prepared for the purpose, or a small potato masher; fill all crevices and exclude all air. When it is as full as the pressing down will admit, take the corn up in your hand and crowd down hard, rounding it up on top. Then put on the lid and screw down nearly tight; set in the boiler on the rack in the bottom, and fill the vessel with cool, clean water up to the shoulder of the jar, cover the boiler with a towel, then with the lid, and bring to a boil, after which keep boiling for three or four hours. Then set the boiler off the stove, remove the cover, and let cool until the jars can be handled, when the top must be screwed down tightly, and the jars left to stand in the

water until cold, when it is to be tightened again. Then, wrap the jars in brown wrapping paper, each to itself, and if possible pack in boxes and cover to exclude all light. Use no salt or anything but the corn, when canning.

Canning Corn in Tin

A great many people have trouble in keeping corn canned in either glass or tin, while others succeed with either method. Answering a Querist, I give the two methods which have been found successful. Tin cans seem to "keep" better than glass ones, for corn, but the corn must be good, to begin with. For tin, you must have a soldering outfit, more or less simple, as corn will not keep satisfactorily if at all, sealed with wax. Have the solder, prepared muriatic acid, irons and the bed of coals on which to heat the irons, and be sure your cans are sweet and clean and whole, and not rusted.

Take sweet corn of the best quality, as sweet and fresh as possible, the grains well filled with milk, but not beginning to harden. Cut the raw corn from the cob with a thin, sharp knife, scraping the stubs of grains lightly so as not to bring away the bran with them, and pack the corn as tightly as possible in the cans, pounding it in with a potato masher, so the milk will cover the corn—no water being used. The cans should be full, and success greatly depends on getting it packed tightly in the can. Punch a small hole in the lid, and, after carefully wiping the groove, swab the edges of the lid and sides of the groove with the prepared acid to make the solder stick; put a drop of solder on each side of the lid to hold it so it will not rise when being soldered, and proceed to seal it with solder. Set the cans in a boiler, filled with water to nearly reach the top of the can, bring to a boil and keep boiling three hours (some say seven hours), after which take out, one can at a time, close the small hole with a drop of solder and return to the hot water; boil ten minutes, letting the water cover the cans this time to a depth of several inches. If the sealing is not perfect, bubbles will rise from any opening, and the can must be taken out, the hole sealed, and returned to the water until no more bubbles rise. To open the can, put a few coals of fire on top, blow gently, and the top can be lifted.

Some Good Recipes

Corn Salad—Take equal parts by measure of green corn shaved raw from the cob, and finely chopped cabbage—about thirty ears of corn to one large, solid head of cabbage—ten green bell peppers, eight small red peppers, eight large onions, three quarts of vinegar, one cup of sugar, one-fourth cup of salt, and one-fourth cup of ground mustard. Chop the onions and peppers; mix the mustard with one pint of the vinegar; cook the rest of the ingredients all together for twenty minutes, then add the mustard and vinegar mixture, bringing to boiling point again, and bottle at once and seal. When cooking, the mixture must be stirred constantly to prevent the starch from the corn settling to the bottom of the kettle and burning. This is fine to use with cold meats.—E. R. W.

Corn and Tomatoes—Cut the corn from the cob raw; peel and slice the tomatoes. The proportions are four parts of tomatoes to one of corn. Salt as for table, and cook until the tomatoes fall to pieces, stirring constantly to thoroughly mix, and keep from scorching. Seal in air-tight jars, or in wide-mouthed bottles, with stoppered neck dipped in sealing wax. Fine for sauces or soups.

Spiced Cantaloupes—Cut small cantaloupes in halves, remove the

seeds, cut into quarters and peel. To each pound of cantaloupe allow one pound of sugar, a pint of vinegar, half an ounce of ginger root, a teaspoonful of ground cloves, two teaspoonfuls of allspice, two of cinnamon, and half a teaspoonful of ground mace. Put vinegar and sugar into a porcelain lined kettle; mix spices and divide into four parts; tie each part in a small square of cheese cloth, and throw into the kettle with the sugar and vinegar, and bring to a slow boil. Add the cantaloupe and cook slowly until the cantaloupe is perfectly tender, soft and quite dark; then remove each piece carefully with a skimmer and place in a glass jar. Boil the liquor rapidly until it is reduced at least one-half, or just enough to cover the melon in the jars, then pour it, boiling hot, into the jars, adjust rubber and seal. Peaches, pears, apples, quinces, watermelons and field citrons may be put up by this recipe.—Mrs. S. R.

Papering on Wooden Walls

This can be done by first covering the boards with the brown paper used on floors. Make a paste of flour and water without cooking, and to each gallon of the paste add a small handful of glue previously dissolved. Spread this paste on one side of the floor-paper as you would ordinary wall paper, and tack the top end close to the ceiling, pressing the paper tightly to the wall from thence to the floor, using a brush or cloth, being sure to run out any wrinkles or "blisters." On this the wall paper may be hung in the usual way. Oil cloth which comes for this purpose may be readily hung, and gives good service, being more sanitary than paper, as it can be wiped off without injury.

For an out-house, or summer kitchen, there is really nothing that will take the place of a good whitewash, as this will not only sweeten and disinfect, but will put a stop to the bugs and worms that show a liking for such places.

MEAT OR CEREALS

A Question of Interest to All Careful Persons

Arguments on food are interesting. Many persons adopt a vegetarian diet on the ground that they do not like to feel that life has been taken to feed them, nor do they fancy the thought of eating dead meat.

On the other hand, too great consumption of partly cooked, starchy oats and wheat or white bread, pastry, etc., produces serious bowel troubles, because the bowel digestive organs, (where starch is digested), are overtaxed and the food ferments, producing gas, and microbes generate in the decayed food, frequently bringing on peritonitis and appendicitis.

Starchy food is absolutely essential to the human body. Its best form is shown in the food "Grape-Nuts," where the starch is changed into a form of sugar during the process of its manufacture. In this way, the required food is presented to the system in a pre-digested form and is immediately made into blood and tissue, without taxing the digestive organs.

A remarkable result in nourishment is obtained; the person using Grape-Nuts gains quickly in physical and mental strength. Why in mental? Because the food contains delicate particles of Phosphate of Potash obtained from the grains, and this unites with the albumen of all food and the combination is what nature uses to rebuild worn out cells in the brain. This is a scientific fact that can be easily proven by ten days' use of Grape-Nuts. "There's a Reason." Read, "The Road to Wellville," in pkgs.