

have mentioned and many not mentioned are but modifications of this method. The covering of potted meats with a layer of fat, of jellies with paraffin wax and the Italian way of sealing the necks of wine flasks with a few drops of oil are all effective. Canning food is a combination of the second and third of these general methods. It consists of first sterilizing the food, and then sealing it in such a manner that it will remain sterile. Be sure that the canned goods you use is in perfect condition. If it looks or smells at all unlike the way it should, do not on any account use it. A type of poisoning called ptomaine poisoning sometimes results from eating badly canned or otherwise spoiled food.

The proper storing of food, too, comes under this last heading of protecting the food. I will spare you further detail in that connection. You know that the bread and cake boxes need frequent scalding and airing and sunning, or mustiness, the sure indication of mold, is the result. As to store cupboards and pantries, I wonder how many housekeepers feel that hers are adequate. We should make a study of house plans and read all available literature on the construction and furnishing of a house, and very often, in the magazines and bulletins which have such general distribution now, experienced housewives contribute methods and knowledge which any of us may find new and valuable. My advice to you is to read up this subject of storing and preserving food. It has a scope that many lectures could not cover and I realize that I have but dealt in generalities.

Keep up the good fight begun generations ago between housekeepers on the one side and bacteria on the other, always remembering that it is the fittest which survive in any conflict of living things. Just as soon as you go home begin to "Swat the fly," and don't stop swatting him until it has become a physical impossibility for you to "swat" anything, and may that day be far distant.