

3. Preservatives injurious to health are used sometimes in canning factories by dealers in meat, milk and other foods.

4. Sugar if used in large quantities acts as a preservative. Before the process of "canning" was discovered, fruits were "preserved" by adding an equal quantity of sugar to fruit. The thick, syrupy mass prevents the growth of mold and bacteria. Jelly is fruit preserved in this way, using the fruit juice with sugar.

5. Sterilization. When food is ex-

posed to a high temperature for some time all the little "seeds" or "spores" are killed, and this method of preserving is called "sterilizing." Fruit and vegetables, meat and fish are preserved in this way.

6. Freezing and Cold Storage is a method of preserving food by keeping it cold. Meat, butter, eggs, etc., are preserved in this way.

7. "Pickling" in vinegar or "oil." Fruit and vegetables are pickled. Sardines and anchovies are preserved in oil.

## OBJECT LESSONS ON SEEDS

By GEORGIA A. HODSKINS

Another week slipped by, and the day for the botany class came again. Specimens were not wanting. Seeds of all sizes and all stages of growth were at hand. The window ledges were entirely given up to this new play. Seeds in boxes of earth, on wet blotting paper, in sand, and in water, filled every spare place.

Miss Adams gave each little one several soaked specimens—beans, corn, pumpkin, squash, and apple seeds.

What did we call this outside part? You may slip the coats off your seeds and see if they are all alike.

"The apple seed has a brown coat."

"These peas have very thin coats."

"This squash seed has a very thick one." "It is hard, too."

What did we find in each little seed last week?

You may find the little bean plantlet. Find the one in the apple seed; the one in the squash.

See this pumpkin seed. Who can make me a picture of it, with its coat off? You may all try on the board. Who can make me a picture of this little pumpkin plant? You may try, Grace. That is very good.

Now take a kernel of the corn. Look at it carefully. What do you see? Look sharp on both sides. Ned says he finds a little lump in his, like the one we found in the almond. Who else sees

one? Look in another kernel. Do you see one there, too? See if you can dig it out with a pin. What do you think it is? Yes, Ned, it is the little corn plantlet. Shall I tell you a true story about it.

Once upon a time two little plant families lived very near together, in the same garden. One was a tall hill of corn; the other was a pumpkin vine which had its home at the foot of the hill. Such pleasant times as they had together all summer! The sun was so soft and warm, the sky was so blue and the earth was so pleasant that they were very happy. But by and by the days began to grow a little colder, the sun was not quite so warm, and Mother Corn and Mother Vine began to feel as if they were growing old. Then they thought of the little baby plants all hidden in these little tiny seeds, and they knew that another spring they would grow to be big plants. But who would take care of them while they were little, before the little roots had started? What would they have to eat? So the Mother Vine and the Corn Mother prepared a whole cupboard full of food for the babies, enough to last until they were big enough to feed themselves. Then they packed it away very snugly inside the seeds' coats, just as every corn plant and every pumpkin vine has always done. Now look again