

WITH WOMANKIND

SEVERAL PRESERVES.

Quinces: Pare and core, carefully remove defective parts, cut into quarters or round slices. Put in a preserving kettle, add a little water, cover with a plate or tight cover to keep steam in, and boil until tender. Take out fruit, to every pound of juice add 1 lb sugar and boil 10 minutes, skimming well. Add quinces, boil ½ hour and pack in glass jars, pouring syrup over. Seal or close with waxed paper.

Peaches: Take large, ripe peaches, peel and quarter, crack stones and remove kernels. Weigh peaches and to each pound add 1 lb sugar, also kernels, and let stand in an earthen dish 24 hours. Put all into a preserving kettle and boil until soft, skimming carefully. No water need be added, as there will be sufficient juice in the bottom of the dish. Seal.

Crabapples: Wash fruit, put in a kettle over the fire and cover closely. Let simmer until the apples turn yellow, take out and turn into a large dish to cool. Pare and core. Put fresh grape leaves in the bottom of kettle, add apples and cook until tender, but do not let them boil. Weigh when cooked and to each pound of fruit allow 1 lb sugar. Place sugar in kettle, add just enough water to dissolve it, when melted place over fire, boil and skim, add fruit and boil until clear and soft. Remove to jars and pour the warm syrup over it.—[L. M. A.]

THE BENEFICENT ELDER.

Much can be said in praise of this beautiful shrub, the common American elder, *Sambucus Canadensis*, which lines the hedgerows and waysides in such generous profusion. There is no locality especially favorable to its growth, as it adapts itself to any place where the soil is moist. It flowers in June and July, maturing its fruit in August and September.

The European elder, though larger, is similar in its general characteristics and properties. But our elder, like some people, is so free and generous in its gifts, we do not fully appreciate it. If we had to pay a fabulous price for one, what a prominent position on the lawn would be chosen for it. How ardently its creamy blossoms and rich purple fruit would be admired. What other plant combines so many sterling qualities, symmetry of form, beautiful flowers, edible fruit, and the most stringent medicinal virtues.

A quaint, old-fashioned physician said "he always lifted his hat to an elder bush." Every part of it is said to contain healing qualities. In fact, from its starting of the tender leaf buds to the ripened fruit the elder is a veritable medicine chest. The bark and roots are useful, and obtainable at all seasons. Creams and lotions made from elder flower water have improved many poor complexions, while a warm drink made from the flowers is a mild stimulant, warding off colds and similar evils, causing soothing sleep. And perhaps the elder tree mother will bring you beautiful dreams if you drink two cups of elder flower tea, for this wrought the charm for the small boy in Hans Christian Andersen's Fairy Tale. The elder is not stinted of honors in Germany, as it is paid all the proper amount of respect due it there.

The expressed juice of the berries evaporated to the consistency of syrup is a valuable purgative. The flowers and juice of the berries are excellent remedies for scrofula, and erysipelous diseases. The inner green bark soaked in wine, steamed and beaten with lard forms a splendid ointment for cuts, burns, scalds, etc. Also the inner bark has been successfully used in epilepsy. Take it from branches one or two years old, scrape off the gray outer bark and steep 2 oz of it in 5 oz of water for 48 hours. Strain and give a wineglass every 15 minutes when the fit is threatening, the patient fasting. Many other remedies can be derived from the elder, but enough has been said to give a slight estimate of its value.

The berries are edible and much liked by some, although the taste, like olives, is usually acquired. They are very healthy and an excellent tonic, taken in any form. The following cordial the dear grandmother made every year: To 3 qts of fruit add 1 qt of water.

Allow 1 tablespoon each of whole cloves and cinnamon to each quart. Cook 20 minutes to ¼ hour. Strain and add 3 lbs of sugar to 4 qts of juice. Put in a jar, dip a piece of bread in yeast, place in the liquid and allow it to ferment. Then skim off the bread, put in bottles and seal. Keep in a cool, dark place for winter use. It is excellent served hot to those who have been exposed to inclement weather, preventing severe colds or worse illness oftentimes. It is not wine, but a highly spiced cordial, making new and pure blood, and building and toning up an enfeebled system. (Where yeast cakes are used instead of soft yeast, strain the cordial before sealing in bottles.)

Elderberry jelly is quite an innovation, and one of which lovers of this fruit are very fond. Allow 1 lemon, rind and juice, to 4 qts of fruit. Make the same as other jelly. For pies, an easy and good method is this: Three pounds of sugar, 1 lbs of fruit, 1 pt of vinegar, boil 30 minutes. May be kept in non-sealing jars. Some can this fruit for pies for winter use, allowing 1 cup of sugar to a quart can. Cook 15 to 20 minutes. Some put the uncooked fruit in cans, fill to overflowing with molasses, and seal. They will keep well, and it is a very simple method for those who like the strong flavor of molasses. Season with spice to taste either of the preparations for pies when used.—[Sarah Rodney.]

UTILIZING THE PEACH.

With Apples: Use ripe peaches and mellow apples in the proportion of three peaches to one apple. Chop small, place in alternate layers and sprinkle with sugar and pounded ice.

Sugared: Take ripe, soft peaches, peel, split in halves and remove stones; fill space with sugar, roll in sugar, put in a dish and set on ice over night. Serve very cold for breakfast.

A la Conde: Peel, cut in two and stew in clarified sugar syrup. Fill a mold with hot boiled rice, turn the form out on a dish, around which arrange the peaches, and decorate with preserved cherries or other small fruit. Mix ½ pt syrup with ½ pt marmalade, pour over and serve hot.

Pudding: Rub 1 oz butter with 1 pt flour, add ½ teaspoon salt and 1 teaspoon baking powder. Peel 6 large peaches, cut in halves, and take out the stones. Beat 1 egg until light, add to ½ cup milk and pour in the flour; beat well and pour in a greased pan. Lay the peaches over, stone side up, and fill the hollows with sugar. Bake in a quick oven, and serve hot with vanilla sauce.

Pyramid: Cut 12 large peaches in halves, peel and take out the stones. Make a syrup, dissolve 1 oz gelatine and stir in, fill a mold half full of syrup. Let stand until set, put in peaches, pour over more syrup and when well set, turn out on a flat glass dish.

Potpie: Put a plain pie crust round the edge of a pan, cut up peaches, put a layer in the pan, then a layer of sugar and nutmeg. Cover with crust and bake slowly 2 to 3 hours.

Butter: Peel ripe peaches, put in a preserving kettle with water sufficient to boil soft, then strain through a colander, removing stones. To each quart of peach add 1½ lbs sugar and boil very slowly one hour. Stir often, do not let burn. Put in stone or glass jars and keep in a cool place.

Dumplings: Peel ripe peaches, but do not remove stones. Sift 1 qt flour into a bowl, and rub in 1 tablespoon lard, add 1 teaspoon salt and 2 teaspoons baking powder; moisten with milk to make soft dough, roll out, cut in rounds, put a peach in the center of each, with a little sugar and cinnamon, place on a large plate, set in a steamer over boiling water for 40 minutes, and serve hot with cream sauce.

Marmalade: Peel, core and weigh the peaches. Cook slowly (uncovered), using as little water as possible. Extract the kernels from one-fourth of the pits and cut in small pieces. Allow 1 lemon for every 3 lbs fruit; carefully pare off the thin yellow rind, add to the kernels, cover with cold water, and steep slowly for 15 minutes. Strain, and set the liquor aside. Rub the fruit through a fine strainer, add ½ lb granulated sugar for every pound of fruit; return to the fire and as it slowly comes to a boil remove the white froth. Squeeze the juice of the lemons into the liquor from the kernels, add to the marmalade, and cook 15 minutes longer.—[S. O. F.]

ALUM BAKING POWDERS.

CONGRESS ACTING TO SUPPRESS THEIR SALE.

The report of the senate committee on manufactures upon the subject of food adulterations and food frauds has created a sensation in congress and awakened great interest throughout the country.

If there could be published a list of the names of all articles of food found by the committee to be adulterated or made from injurious ingredients, it would be of inestimable value to the public.

The recommendations of the committee that the sale of alum baking powders be prohibited by law, will make of special interest the following list of names of baking powders which chemists have found to contain alum:

BAKING POWDERS CONTAINING ALUM:

DRY YEAST Contains Alum.
Made by R. H. Davis & Co. New York
DAVIS'S O. K. Contains Alum
Made by R. H. Davis & Co. New York
I. C. Contains Alum.
Made by Jacques Mfg. Co. Chicago
PILGRIM Contains Alum
Made by Pilsbury Baking Powder Co. Boston
BOSTON Contains Alum
Made by Boston Baking Powder Co. Boston
WASHINGTON Contains Alum.
Made by Washington Baking Powder Co.
EGG Contains Alum.
Made by Egg Baking Powder Co. New York
A. & P. Contains Alum.
Made by Atlantic & Pacific Tea Co. New York
QUAKER Contains Alum.
Made by Quaker Baking Powder Co. Boston
GINTERS GOLDEN ROSE Contains Alum.
Made by Ginter Grocery and Produce Co. Boston.

It is unfortunate that many manufacturers of alum baking powders state that their powders do not contain alum. It is only right that consumers should have correct information as to the character of every article of food offered to them.

MAKE READY THE CANS.

Pears: Pare, halve if small, quarter if large, and remove the cores. Place a cloth in a steamer, put in pears, cover, set over boiling water and steam until tender, not too soft. While cooking, make a syrup of 2 teaspoons granulated sugar, more if desired rich, and 1 qt water. Add ½ teaspoon tartaric acid dissolved in a little water. Fill cans with pears, pour over the syrup, shake cans until all air spaces are filled with syrup, using the handle of a silver tablespoon to facilitate removal of bubbles. Seal and keep in a paper bag in the dark. The quantity of syrup mentioned is sufficient for two quart cans. Pears put up in this way never spoil if hermetically sealed.

Grapes: A new method which makes delicious sauce. Heat jars very hot by steaming over cold water gradually heated to boiling. Wring a towel from hot water, swathe the cans, fill with grapes picked from stems, cover with boiling water, seal and let stand 10 minutes. Open, pour off water, fill again with boiling water, let stand 10 minutes, open, pour off water, cover with boiling hot syrup and seal.

Spiced Elderberries: Take 4 lbs sugar, 1 pt strong vinegar, 6 lbs elder berries. Boil 1 tablespoon ground cinnamon, 1 teaspoon each ground cloves and allspice in the vinegar until the strength is drawn out, strain, add sugar, bring to boiling, add elderberries, cook slowly 2 hours, stirring often to prevent scorching. An aluminum mat placed under boiling fruit is a great aid in preventing its adhering to the kettle.—[S. W.]

Frozen: Peel 2 lbs ripe, soft peaches and take out stones. Put the kernels to a paste, add to 1½ lbs sugar, over which pour 1 qt water, boil 5 minutes, strain. When cold, mix with the peaches, mash and freeze.

Picked with Plums: Take 3½ lbs peaches, the same of plums, 3 lbs sugar, 1 qt vinegar, 1 oz cloves and 1 oz cinnamon. Scald the vinegar and sugar three mornings in succession and pour on the fruit, the third morning scalding them together.

Tomato Soup: Four large tomatoes and 1 qt water, slice the tomatoes and let boil 15 minutes, add a piece of soda size of a pea, and while foaming add 1 qt milk, a piece of butter, salt and pepper, with some rolled crackers, let it boil up and serve.—[A. R. Annable.]

Teeth and Their Work.

CARE OF THE TEETH.

Teething is an event in every family that is anticipated with more or less solicitude; however, the eruption of the teeth is a natural process and ought not to be attended with serious results. With a weak and delicate body, unable to resist irritating influences, strict attention should be given to diet, pure air, bathing, exercise and sunlight, which, with the use of a good tooth wash, are the only medicines required. Parents should be watchful of the first teeth, as they have much to do in forming a healthy constitution. Mothers often neglect the temporary teeth, probably thinking that as they are only baby teeth which must eventually be shed, no care of them is necessary. But it is a most serious mistake to allow these teeth to decay or be prematurely extracted, as they control to a great extent the regularity, beauty and perfection of the permanent teeth. The eruption of the permanent teeth. The not as a general rule produce any unusual trouble, and their presence is often unsuspected. Parents should remember that the second teeth come while the first teeth are yet in the mouth.

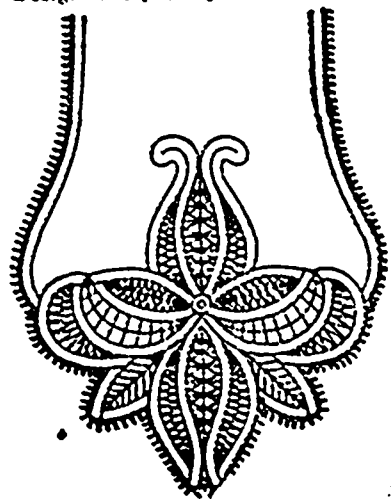
The six-year molars (first permanent teeth to appear) are in all respects very important teeth and should not be lost or allowed to decay if it can be possibly avoided. In youth the teeth decay much more rapidly than at any other period, except during sickness, and one of the very best remedies is a reliable tooth wash.—[J. B. H.]

Fish as Food—Farmers' bulletin No 55 states that in the specimens of fish thus far analyzed the percentages of phosphorus are not larger than are found in the flesh of other animals used for food. But, even if the flesh be richer in phosphorus, there is no experimental evidence to warrant the assumption that fish is more valuable than meats or other food material for the nourishment of the brain. Fish contains the same kind of nutrients as other food materials. It is essentially a nitrogenous food, and in this respect resembles meat. Neither fish nor meat is a source of carbohydrates. Oysters contain some carbohydrates, but the foods which supply this group of nutrients most abundantly are the cereal grains. Fish, meat, eggs, milk, etc. also cereals and vegetable foods, all supply fat, the amount varying in the different materials. Artificial digestion experiments with fish indicate that it is less quickly digested than beef, being about equal to lamb in this respect. However, as compared with other foods, the difference in digestibility of fish and meat is not very great. Actual digestion experiments with man show that fish is very completely digested, there being practically no difference between fish and meat in this respect.

Coffee Cake—One cup butter, 1 cup brown sugar, 1 cup molasses, 1 cup strained coffee (strong), 3 eggs, 1 lb seeded raisins, 2 cups flour and 2 teaspoons baking powder. Bake in a moderate oven.—[Lalla.]

BATTENBERG TIE END.

Designed especially for the reader



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