

Overworked.

Up with the birds in the early morning—
The dew drop glows like a precious gem ;
Beautiful tints in the skies are dawning,
But she's never a moment to look at them.
The men are wanting their breakfast early ;
She must not linger, she must not wait ;
For words that are sharp and looks that are
surly
Are what the men give when the meals are
late.

Oh, glorious colors the clouds are turning,
If she would but look over hills and trees ;
But here are the dishes, and here is the churn-
ing—
Those things always must yield to these.
The world is filled with the wine of beauty,
If she could but pause and drink it in ;
But pleasure, she says, must wait for duty—
Neglected work is committed sin.

The day grows hot, and her hands grow weary ;
Oh, for an hour to cool her head,
Out with the birds and winds so cheery !
But she must get dinner and make her bread.
The busy men in the hay-field working,
If they saw her sitting with idle hand,
Would think her lazy, and call it shirking,
And she never could make them understand.

They do not know that the heart within her
Hungry for beauty and things sublime,
They only know that they want their dinner,
Plenty of it, and just "on time."
And after the sweeping and churning and bak-
ing,
And dinner dishes are all put by.
She sits and sews, though her head is aching,
Till time for supper and "chores" draws
nigh.

Her boys at school must look like others,
She says, as she patches their frocks and
hose,
For the world is quick to censure mothers
For the least neglect of their children's
clothes.
Her husband comes from the field of labour,
He gives no praise to his weary wife ;
She's done no more than has her neighbor ;
'Tis the lot of all in country life.

But after the strife and weary tussel
When life is done, and she lies at rest ;
The nation's brain and heart and muscle—
Her sons and daughters—shall call her blest.
And I think the sweetest joy of heaven,
The rarest bliss of eternal life,
And the fairest crown of all, will be given
Unto the way-worn farmer's wife.

—Ella Wheeler.

The Prize Method of Preserving and Canning Fruit.

BY MISS JANE W. FERGUSON, KINGSTON, ONT.

The following recipes have all been thorough-
ly tested, being in use for a number of years.
White sugar is always used, no water, only
when absolutely necessary, as given in recipes.
The utmost attention is given them when in
process of preparation, and they are kept in a
dark cupboard in the cellar.

RHUBARB CANNED.

Peel and cut the rhubarb into pieces about
one inch long, do not mash it. To every
pound of fruit add one quarter pound of white
sugar, mix well together, fill into common
earthen mustard jars, shake well down, and
when well filled place the jars in a boiler, put
enough water to come up to the shoulder of the
jars. Let them boil for five hours, set off until
next morning, when the fruit should be sunk
and the juice on the top. Now place tight-
fitting new corks into the mouth of the jars
and hammer well in, cover the top of the cork
with powdered resin, take a hot iron—a smooth-

ing iron—and iron the resin until all is melted,
be careful to have all the cork and the edges
well covered with resin. If properly done
will keep for two years.

STRAWBERRIES CANNED.

To each pound of fruit add one quarter pound
of white sugar, place in a preserving kettle
over a quick fire, and after it has boiled for
fifteen minutes remove from the fire. Have
your self-sealing jars ready standing in a large
dish of very hot water, fill with the fruit and
fasten down at once, after drying the top free
of moisture. Before setting away in your
cupboard give them all a final screw down.

STRAWBERRY JAM.

To each pound of fruit add three-fourths of a
pound of white sugar, stir together over the
fire until it begins to boil, then keep it well
skimmed, boil until it gets thick and looks
clear, which will take about two hours, pour
into jars and paste strong paper over, after
laying a piece of white paper upon the top.

RED CURRANT JELLY.

Pick free from stalks and leaves, fill your
preserving kettle, cover with cold water and
place upon the fire keeping it stirred occasion-
ally to prevent burning. When the fruit has
boiled soft and all the juice extracted, remove
from the fire and strain through a colander or
sieve, then through a perfectly clean jelly-bag.
To every pound of juice add one pound of
white sugar, boil for two hours over a clear
fire, sometimes it will require a little longer if
the fruit is at all acid. Try if done by taking
a little on a plate, if it hardens it is done.
Pour into small pots, and secure as before
mentioned.

RED CURRANT JAM.

Pick fine ripe currants free from stalks and
leaves, and to every pound of fruit add three-
fourths of a pound of sugar, set over a fire and
boil until the syrup looks clear and thick.
Pour into jars and tie down.

CHERRIES PRESERVED.

Pick off stalks and take out stones, and to every
pound of fruit allow one half pound of white
sugar, boil until the syrup looks thick and is of
a brown color. Pour into small pots.

APPLE MARMALADE.

Take nice sound russet apples, pare and core
them, cut in small slices, and to every pound of
fruit add one pound of sugar. Put the sugar
to boil with enough water to just dissolve it in
a preserving kettle, add one large lemon to
every four pounds of fruit, boil all these to-
gether until the syrup gets thick, then add the
apple, and boil until it looks clear. When
well made this is preferred to orange marmalade.

APPLE JELLY.

Cut russet apples in quarters without peeling
or coring them, cover them with water and
boil until pulpy, strain through a sieve, then
through a jelly-bag, and to every pound of
sugar add one pound of juice, boil until quite
thick, and pour into small jelly pots.

GOOSEBERRY JAM.

To each pound of gooseberries put three-
quarters of a pound of white sugar, boil until
the syrup begins to look clear, and of a pretty
red color. Pour into pots and secure as be-
fore.

BLACK CURRANT JAM.

Pick the fruit free of stems and leaves, and

to each pound of fruit allow three-fourths of a
pound of white sugar, bruise the fruit a little
to dissolve the sugar, boil until it gets thick.
Pour into small jars.

BLACK CURRANT JELLY.

Pick the fruit free from stems, bruise it in a
preserving kettle and cover with cold water, boil
until the fruit is broken, strain through a sieve,
then through a jelly-bag, to every pound of
fruit allow one pound of white sugar, boil until
thick, and pour into small pots and tie down.

BLUE PLUMS CANNED.

To every pound of fruit allow one half pound
of sugar, stir until the sugar is dissolved, then
allow it to boil for half an hour, or until the
fruit looks well scalded. Have your self-seal-
ing cans ready, fill up at once and secure.

PEARS CANNED.

Take large ripe pears, peel and quarter, boil
till tender in just enough water to cover them,
then to every pound of fruit allow one quarter
pound of white sugar, boil the syrup until
rather thick, place the quarters back into the
syrup, boil for a minute, and place at once in
self-sealing jars.

QUINCE PRESERVES.

Pare and quarter fine ripe quinces, put the
cores and parings into enough water to cover
them, boil until quite soft, strain, then put in
the quarters of quince and boil till tender,
take them out, weigh, and for every pound of
quinces add one pound of sugar, put the sugar
and water together and boil until it begins to
thicken, then add the quarters of quince and
boil until it looks clear but does not break, take
them out with a skimmer and place in pots,
pour the syrup over, which should be a pretty
pink color, and should form quite a firm jelly
around them.

EGG PLUMS PRESERVED.

Pour boiling water over large yellow plums
to remove the skins, placing them on a large
dish, to every pound of fruit add one pound of
sugar, make a syrup with just enough water to
dissolve the sugar, and boil until it begins to
thicken, put in the plums, boil until they are
tender, but do not break them, remove them
carefully with a skimmer back to the dish to
drain, boil the syrup still longer until it gets
thick again, put the plums in again, and then
pour into your jelly pots. The syrup should
be a pink color and form a jelly.

PEACHES CANNED.

Pour boiling water over large free-stone
peaches, remove the skins and divide in half,
remove the stone. To every pound of fruit
add one quarter pound of white sugar, place
in a preserving kettle and allow them to boil
just twenty minutes. Have your self-sealing
jars ready in hot water, fill up, wipe the tops
dry and fasten down at once. Done in this
way, peaches are delicious, and retain all their
fresh flavor, and can be eaten with cream like
fresh fruit.

STRAWBERRY SHORT CAKE.—With $\frac{1}{2}$ cup
white sugar stir a tablespoonful butter to a
cream, add one egg; stir this well; add $\frac{1}{2}$ cup
sweet milk, one teaspoonful Hawford's None
Such Baking Powder thoroughly mixed in one
cup flour. Bake in layers; put berries between
and on top with sugar sprinkled on them. In
the winter I use strawberry preserve with frost-
ing on top and find it excellent.