

**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 thoroughly 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 rosin until all is melted, be careful to have all the cork and the edges well covered with rosin. 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 occasionally 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 together 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 before.

**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-sealing 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 frosting on top and find it excellent.