

a dish that can be covered closely. Slice the cooked beets over them. Prepare a syrup as follows: 1 cup water, ¼ cup vinegar, ½ cup sugar. Boil this and pour over the beets and onions, which have been sprinkled with salt and pepper. Add bits of red pepper pod or cayenne.

**Ginger Pears.**—Wash the pears and pare them, remove cores and cut into quarters lengthwise. Prepare a syrup as rich as liked and cook the pears in it, adding a few slices of lemon and root ginger.

**Squash Pudding.**—To 2½ cups steamed and strained squash add the following mixture: Half cup sugar, 1 teaspoon salt, ¼ teaspoon cinnamon; then add 2 eggs slightly beaten and 2½ cups sweet milk. Turn into a buttered pudding dish and bake in a moderate oven until firm.

**Spiced Grapes.**—Weigh 7 lbs. grapes and slip the pulps from the skins. Put the pulp over the fire in a granite pan and simmer until soft, then put through a sieve fine enough to keep back the seeds. Add the skins, also 4 lbs. sugar, 1 pint vinegar, 1 small grated nutmeg, 1½ tablespoons ground cinnamon, and a scant tablespoon ground cloves. Let the whole simmer very gently for 2 hours, then seal as usual.

**Pickled Mushrooms.**—Peel the mushrooms and put into sterilized fruit-jars. For each 2 jars take a third jar and partially fill it with mushrooms. Set the jars on a folded towel in a kettle and pour in cold water to come half way up. Put the lids loosely on the jars and cover the kettle. Let cook ¼ hour after boiling begins, then fill up the two jars from the third. Have ready a quart or more of vinegar, scalded, with 2 tablespoons assorted spices, tiny red pepper pods, celery seed, etc., as liked. Pour the vinegar in the jars to overflowing then adjust rubbers and covers and let cool in the kettle.

**To Can Mushrooms.**—Wash the mushrooms and discard the stems. Put the caps into sterilized fruit jars, shaking them down assiduously as possible. Put on the covers and place jars on a folded towel in a kettle. Pour in water to half cover the jars; cover the kettle and let boil 1½ hours after boiling begins. Add 1 teaspoon salt to a quart of boiling water and use this as needed to fill the jars to overflowing. Adjust rubbers and covers and let boil 15 minutes.

**Curled Celery.**—Celery prepared this way looks very attractive. Cut and clean thick stalks of celery and cut in 3-inch pieces crosswise. With a sharp knife, beginning at the outside of the stalks, make five cuts parallel with each other, extending one-third the length of the pieces. Make 6 cuts at right angles to these cuts. Repeat on other end. Let stand several hours in cold water.

**Beet and Cabbage Salad.**—Select a firm, crisp head of cabbage, not too large. Remove outer leaves and take out the heart of the cabbage, leaving a thin shell. Chop the heart of the cabbage, discarding coarse stalk or ribs. Season with salt and pepper, add equal measures of mayonnaise dressing and whipped cream, salted before whipping, and mix together. Add 1 cup chopped beets, then fill the cabbage. Decorate with sprigs of parsley and bits of cream-cheese, and sprinkle with chopped nuts.

**Pear Pickle.**—To 6 cups sugar allow 1 quart vinegar, also some stick cinnamon and cloves. Peel the pears and cut into strips. Boil the sugar and vinegar together for a few minutes then put in the fruit and cook until tender, then remove the fruit from the syrup and put in jars, adding a few sticks of cinnamon and cloves to each jar. Pour the syrup over and let stand over night. Strain off the syrup, scald again and pour over. Repeat this two or three mornings, then seal hot. Done in this way the fruit will be firm. It should be well covered with syrup. If the latter boils down too much to permit of this more syrup must be prepared.

### The Scrap Bag.

#### Use Buttermilk.

Drink plenty of buttermilk. It is one of the most healthful drinks, not only because it is nutritive, but also because of the antiseptic action of the lactic acid which it contains on the lower intestine.

#### To Remove Cakes.

If a cake sticks to the pan turn the

whole upside down and lay on the bottom of the pan a cloth wrung out of water. After about 15 minutes the cake will come out easily.

#### Hemming Table Linen.

To ensure straight hems on table-linen always draw a thread and then cut on the line, then crease up the hem, measuring with a tape or piece of cardboard. If the thread is difficult to draw dampen it with soap and water.

#### Why you are Awkward.

If you have a homely gait, are stiff in the joints, and have an awkward carriage, the trouble is that you have not learned to stand up.

Ordinarily, people stand with the larger part of the weight of the body on the heels.

This tends to throw the body out of poise, contracts the chest, cramps the vital organs, throws the head forward, and also the abdomen.

To be well poised, to have an easy carriage, to walk freely, you must stand up.—Sel.

#### Rules for the Sick Room.

1. Don't lose your head.
2. Don't whisper.
3. Don't make sudden noise.
4. Don't let windows rattle or doors click or chairs squeak.
5. Don't discuss the patient's condition with her even if normal.
6. Don't discuss the patient's condition with anyone else in her hearing.
7. Don't discuss sickness of any other person or persons.
8. Don't tell the patient what medicine you are giving her.
9. Don't lean on the foot of the bed, sit on the side of it, or knock against it.
10. Don't keep the sick room dark.
11. Don't let the odors of cooking reach the sick room.
12. Don't forget that sick persons should have an all-over bath every day unless the doctor advises otherwise.
13. Don't keep a conglomeration of medicine bottles in the sight of the patient.
14. Don't let flies or mosquitoes escape alive from the sick room.
15. Do be regular.
16. Do follow the doctor's advice implicitly.
17. Do ventilate.
18. Do shade the patient's eyes from the glare of a lamp.
19. Do kill every fly or mosquito that enters the sick room and burn it.—Sel.

## The Windrow

Bucharest, the capital of Roumania, is said to be "a city of spies." Representatives of every nation in the world are seen on its streets, hence nothing escapes. Code conversation takes place everywhere.

The number of eggs laid by a female insect often runs up to 1,000 or more. If it were not for checks, natural and otherwise, they would soon eat up everything in the world. Birds and reptiles eat them, diseases sometimes attack them, sudden changes of temperature, unusual rainfall or drought also affects them.—Our Dumb Animals.

The name Buckovina, which has figured from time to time in the war news means the same as Buckingham—land of the buck (or beech) woods. Beech bark was used as a writing material in former times, and the Saxon name of the tree, "buch" is still the German for book.

Mr. Edison has always been very jealous of his time, and expects his employees to be equally careful lest a single minute that might yield an important invention should slip by.

A year or two ago an old friend whose son was just starting out in life called upon Mr. Edison and presented him.

"My boy," said the friend, "is about to start on his business career. Now, I would like you to give him a few words of advice and a motto which he can adopt in his work."

Mr. Edison was very busy at the time,

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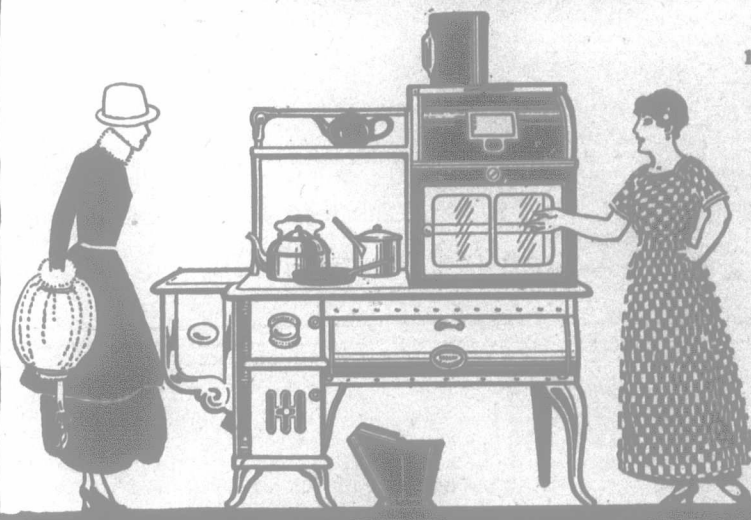
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