SE glass jars always. Apart from the danger that the acid of the vegetables will make a poisonous combiwith the metal can, the amateur who undertakes to solder the top to make it air-tight is likely to do the work unskilfully. Moreover, should the fruit ferment, the housewife cannot detect the beginning of the mischief, and check it by cooking the contents of the can a second time.

You cannot be too careful in preparing jars, tops and rubbers to do their part in the delicate process. It is never safe to use last year's rubber bands for this season's canning. They are cheap, but were they three times as expensive, the loss of two cans of fruit would be more than the price you would pay for the assurance that makes: success doubly sure.

Sterilize jars, tops and bands by laying the first two in boiling water and not taking them out until you wish to fill the jars and clamp down the covers. Dip the rings into the boiling water just before they are fitted into place. Neglect of prediminary sterilizing ruins many a fine batch of "canned goods."

To Can Tomatoes.

Select ripe tomatoes. The hard, whitsh-green portions interfere with the good looks and the general integrity of the rest of the tomatoes. Pour boil-Ing water over the tomatoes; cover the pan in which they are, to keep in the heat, and leave thus for five or six minutes. Then strip off the skins and cut out defective or unripe parts.

When all are ready, set over a quick are. Long and slow boiling injures color and flavor. Cover the kettle, that the boil may begin sooner than if the air were freely admitted. Boil for one minute, lift the kettle from the fire and rub the tomatoes through a sterilized colander into a scalded bowl. This done, return to the kettle, and cook fast for ten minutes after the boll begins again.

The cans should be put now into fresh boiling water, and the pan containing them set on a table or chair near enough to the range to enable you to transfer the contents of the kettle directly to the cans, and while the pot is still bubbling. Dip out each ladleful from the kettle, and pour into the can which has been emptied that instant by an assistent. The jar must be filled to overflowing, the rubber being already in place. The cover is clapped on without the delay of a second and screwed down tightly. Now wash and wipe the jar, and set where the light will not strike it. When perfectly cold, wrap in paper and set away in a cool place.

Light is a serious disadvantage to canned fruits and vegetables. The foregoing directions apply to all kinds of canning, so far as the sterilization of the jars and rubbers, the actual boiling point at which the kettle must stand while the contents are transferred to the jars, the rapidity with which this is done, the sealing, cooling and the wrapping of the filled jars are concerned.

To Can Tomatoes Whole.

Scald and strip as directed in last recipe. As you peel the tomatoes, lay them in a colander to drain off superfluous juice. Have ready a kettle of really boiling water. When the tomatoes are all skinned, put them into the boiling water and leave them eight minutes or until the boil begins again. Take out a few at a time-just enough to fill one jar; fill this up with boiling water from the kettle, seal, set aside and go on with the second jar. Proceed thus until all the tomatoes are used up.

Select the finest and firmest tomatoes for this purpose. Break them as little as possible, dipping them out with a wooden spoon.

To Can Tomatoes for Stuffing.

Peel and stew tomatoes of ordinary size, and strain through double cheesecloth without pressing. Set the liquor aside to be used as I shall presently Indicate.

Choose large, smooth tomatoes of uniform size. Do not take off the skins, but with a small, keen-bladed knife extract the cores neatly. Arrange them in large laking pans; cover them entirely with cold water; cover the pans and leave them in the oven until the water begins to boll. Meanwhile, bring the reserved juice of the stewed tomatoes to a fast boil, and have the saucepan containing it close at hand and still boiling. Put the whole tomatoes

still boiling. Put the whole tomatoes with care i to large-mouthed quart jars, fill these to overflowing with the hot juice and scal at once.

Tomatoes thus prepared may be stuffed and baked in the winter, and can hardly be distinguished from fresh. One housewife assures me that she has used them as salad, filling them with celery or with shrimps and disposing upon lettuce leaves, then covering with mayonnaise dressing, and that they are almost equal to raw fruit. I do not vouch for the truth of her story. Tastes differ as to degrees of excellence.

I do know that my stuffed tomatoes—warmed to the heart—are good.

To Can Asparagus.

To Can Asparagus.

'Cut the stalks to within two inches of the tips. The rest of the stem is two od. It will not be eaten, and takes up room in the jar that might be occupied to more advantage. Lay the asparagus, thus abbreviated, evenly and close together in a boiler and cover with cold water slightly salted. Put the cover on the boiler and set over the fire. Bring to a slow boil, and keep it up ten minutes, never letting the bubble become violent. Remove the asparagus gently with a wooden ladle; put into the jars, the lips, in orderly array, uppermost; the lips, in orderly array, uppermost; the lips in orderly array, uppermost; the lips in orderly array, uppermost;



Leave an Inch on Beet Stalk to Prevent Bleeding

To Can Spinach.

Pick over the spinach when you have washed it and strip the leaves from the main stems without bruising them. Cover with cold water and leave in this to freshen and crisp them. In an hour's time transfer the leaves, dripping wet, to a granite or porcelain pot, adding no water except that which drips from the spinach. Set this pot or jar in a larger vessel of cold water. Cover the inner vessel closely to keep in the steam and set both over the fire. When the water in the outer pot begins to boil, open the inner and stir, the contents gently with your wooden ladle to make sure with your wooden ladie to make sure that they are heated to the center. Cover again and let the boil go on for half an hour more. There should be enough liquid from the succuient leaves to cover the spinach when packed into the jars. Seal immediately.

To Can Beets.

Small beets are the best for canning. Wash as for present use, and leave an inch of stalk at top to prevent bleeding. Boil in slightly salted water; peel as for the table. Have ready in a neighboring saucepan enough cider vinegar to cover the beets. You must vinegar to cover the beets. You must use your own judgment as to quantity. To cach quart of vinegar add two tablespoonfuls of sugar, a teaspoonful of strained onion juice and a teaspoonful each of pepper and salt. Bring the vinegar to the boil. Pack the beets while hot into heated cans and cover with the vinegar from the boiling saucepap. boiling saucepan.

To Can String Beans.

The beans must be young, and newly gathered. If toughened by long keeping, or if old and stringy, they are not available for our purpose. With a sharp knife remove the strings from both sides of the beans. As you do this let the prepared beans fall into ice-cold water. Now cut them into iron learning the learning th water. Now, cut them into inch-lengths, still dropping the bits into water. Put over the fire covered with cold water, slightly salted and peppered. Boil until soft, but not broken. Transfer to heated jars, cover with boiling salted water from the kettle and seal. Okra.

Lay Tomatoes in Collander to Drain reminded that our inestimable boracio cold, by overwork, by coal cinders, etc.

acid will preserve library paste. I use it daily-the paste, I mean-and am sometimes sickened beyond endurance by the fumes of carbolic acid and other disinfectants put into it to prevent fermentation. The boracic acid is odorless and clean.

An Excellent Remedy. May I contribute a little item to the great



Cut Asparagus Tips Two Inches from Stalks

Stale vegetables are unfit for can-

A paper upon canning fruit will appear during the summer. To give it before the height of the ripening time is upon us would be premature.

Can as you would string beans. It is absolutely essential that the pods be Marun Harland young and tender.

HOUSEMOTHERS' EXCHANGE

HAVE been a reaper, and not a sower, for months, gleaning from the Exchange valuable information. Now I change the role.

I should like to tell the members of an excellent way of washing loss contains

I should like to tell the members of an excellent way of washing lace curtains.

Shake out all the dust. Soak over night in clear, cold water. In the morning shave a bar of good laundry soap into a quart of warm water, and add three large spoonfuls of kerosene. Heat until the soap is melted, and add three pailfuls of cold water. Squeeze from the curtains the water in which they were soaked; put them into the boiler; pour in the water you have treated to soap and kerosene and bring it gently to the boil. The water will be black, but don't think you have spoiled the curtains. Put them into clean, warm water and souse (not rub) until they are white, using several waters if necessary. Rinse, blue and starch them in the usual way.

I pin mine down upon a clean, soft cotton blanket, and they look like new. I have given this method to several friends, and they all pronounce it the best they have ever tried. Mrs. A. E. H. (Pontiac, Ill.).

The plan of mingling soap and kerosene in the washtub is not new to us, but your method is so simply and clearly described that the untaught laundress, although a fool, cannot err therein. That is, she cannot fail to comprehend it. If she be an obstinate ignoramus, she will probably stick to her own older and harder way. If hirelings were as willing as their mistresses to study improved devices for lessening housework, we should hear fewer complaints of the drudgery of domestic serv-

An Offer of a Violin. An Unier of a violin.

I have a violin, and it is said by good judges to be an excellent instrument. I should be only too glad to give it to some one to whom it would be of benefit. Some music lover who wants a violin and cannot afford to buy one. If he (or she) do not live in this city, I will pay express charges. Can you find the right person?

D. B. (Chicago).

D. B. (Chicago).

In my daily "Corner" offers such as this appear frequently. They are rarely seen in our Exchange, because it is devoted almost entirely to domestic concerns. I gladly make room for what may help to brighten some home where too much work and too little play are likely to make Jack a duil boy or Jill a discontented girl. The address of the warm-hearted doner is in my hands.

A Coveted Recipe.

Seeing a request in the Exchange from one of the pupils in Marion Harland's school for housewives (from Lockport, Ill.) for a recipe for Melton Mowbray pies, let me say that I will gladly instruct the in-quirer in the making of the same if she will correspond with me. I have learned to make the celebrated pies from an English friend now in this country.

A. W. M. (an English housewife), Altoona, Pa.

Why not extend the area of your benevolence by letting me have the coveted recipe for the general good? To be frank, I should like to have it for my own use, and "there are others," to my certain knowledge. Send us the formula and accept our thanks for what we are sure we will get.

A Grateful Reader. I should like to thank the friend who told

The Jar Should Be Filled to Overflowing us to put boracic acid in library paste to preserve it. I made a pot of paste last De-cember, and it is as good as on the day it was made.

was made.

Now for something in part payment.

Everybody who has used piaster of paris in

pping up holes in plastered walls knows

w quickly it gets hard. If, after it is

mixed with water to the right consistency,

a little common paste is stirred into the

plaster of paris, it will keep soft until it is

used up. plaster of paris, it will keep solt used up.

To clean the vessel used in the work, fill with cold water and let it stand over night, and the plaster will come off easily.

T. W. R. (Philadelphia).

Please receive thanks for payment in full and a balance left to your credit. I, for one, am pleased to be

For sore and inflamed eyes dissolve one teaspoonful of powdered boracic acid in half a cup of hot water. Let it cool, and with a medicine dropped let fall one drop into the eye; also bathe the eyes freely with the solution, using medicated cotton.

This was prescribed for me by a physician, and it cured the trouble.

Mrs. D. W. A. (Hammond, Ind.).

You could not tell us of a better application for that distressing maladyinflammation of the eyes. In my own household it has been in approved use for years, and it has never failed to relieve the affection. Conjunctivitis. "pink-eye," inflammation caused by

-one and all have yielded to the simple

cian's authority. We thank you.

wash you recommend upon your physi-

A Trio of Hints. A 1rio of Hints.

1. If one's hands retain the odor of fish or of onions, even after washing them, rub a few drops of vinegar into them, and the smell will be dissipated. It is, likewise, a bleach, removing ink and other stains.

2. Make the rinsing water used in washing children's cotton frocks, skirts and aprons into a strong solution of alum, and they will not ignite so readily if the wearers get too close to the fire.

3. For gravel and renal diseases take a strong tea made by infusing in boiling water the flowers and leaves of the "gravel plant" (arbutus), one of our earliest spring flowers. I have known it to be most beneficial in kidney affections. It should be

ficial in kidney affections. It should be drunk a few days four or five times a year, if one has a disposition to the disease.

E. V. (Great Bend, Pa.). You mean, of course, the trailing arbutus, known in New England as the blossoms four or five times a year! What then? Will the leaves do

German Cream Soup.

It is with sincere pleasure that I send herewith an old and tried recipe for German cream soup. I have noticed frequent inquiries for trustworthy German dishes. Cut thin slices of bread, shaving it from the loaf to get it almost as thin as a wafer. the loaf to get it almost as thin as a wafer. Heat a small quantity of butter in a fryingpan, and when it is hot, throw in the bread, browning it with care, lest it should burn. When slightly browned, pour over it enough boiling water to make the quantity of soup you want. Add salt to taste, and let the water boil up fairly. Then remove the saucepan from the fire and stir in gradually a large cupful of cream. If a rich soup be desired, increase the quantity of cream, provided the stomach can digest it. If it tastes "flat," it has not enough salt in it. This soup is delicious and excellent for the sick. Mrs. H. R. S. (Buffalo, N. Y.).

The recipe sounds like a variety-a sort of glorified variation-of the brewis dear to the hearts and stomachs of our New England grandparents. I can readily believe that it tastes good. "White tea," made by putting a lump of sugar in a cup, then filling half way to the brim with cream, and pouring upon his from the boiling kettle hot water enough to fill the cup, is a prime favorite with a delicate little lad whom we will not allow to taste of the Chinese herb that perfumes our family sitting room at 5 P. M. for 365 days in

the year. The boy quaffs his pale-faced beverage zestfully, and it helps to build up his wasted powers. But it must be real cream and the water must flow straight into the cup from the boiling and hissing kettle.

Comfort in Bedding.

In a recent letter. "Traveling Man" writes that he has found he has good reason for liking long sheets on his bed. This has always been an important item for me, for comfort and for sanitary reasons, in my forty-six years of married life. Perhaps you may call it a hobby, but what I would add to his remarks is that a sheet tucked well all around the mattress prevents it from being soiled. Also the upper sheet cannot be pulled up and leave the feet bare if it is tucked under for ten or twelve inches. The sheet being three yards long leaves a wide part to turn over, which protects the bedding and keeps it in a much more sanitary state and more agreeable condition.

A. C. P. (Providence, R. I.).

I fully agree with you in all you say of the advantages of sheets of extra length, and I only wish you could induce housekeepers all over the country to share your views. It is not only unhygienic to have the sheet so short that it will not turn over at the top and protect the face from contact with the other bedding, but it is also most unpleasant both to the skin and the imagination!

BY MARION

If we washed our blankets regularly once a week, it would be a matter of less importance that they touched the skin, but when one recollects the absorbent qualities of wool and reflects upon other persons who may have occupied the bed since the blankets were last cleansed, it is likely to produce upon one the effect familiarly known as "the crawls." Especially is this the case when one is traveling and sleeps in a hotel or boarding house bed.

Of the discomfort of the sheet that is so short that it comes up at the bot-.om, I do not need to speak. We have all suffered from it-not only because of the brevity of the sheet, but also through the inability of the average chambermaid to grasp the necessity of thorough tucking in. Perhaps if we made our sheets longer it might force her to tuck them in properly.

Rice-Flour Poundcake.

I inclose recipe for rice-flour cake, from recent magazine, for "E. D. O.," who asked

for it:

Rice-flour poundcake—Cream one-quarter
of a cup of butter with one cup of powdered sugar; add the beaten yolks of two eggs,
one teaspoonful of vanilla, the grated rind of a lemon and half of a cup of cold water. Mix these thoroughly, and add one and a half cups of rice flour that has been sifted twice with one and a half teaspoonfuls of baking powder. Add the whites of two eggs beaten stiff, and when these have been folded in, bake in tiny heart-shaped patty pans.

Cover with fancy frosting and garnish with candled cherries and almonds blanched and shredded.

Mrs. F. E. B. (Atlanta, Ga.).

A novel and a tempting recipe. It is the "Mayflower." But one cannot get a pity that when so many delicacies may be compounded with rice flour as the basis so few grocers know it well enough to keep it in stock.

Getting Rid of Warts.

I print the following not so much to make public the expression of gratitude of the writer, as for the sake of repeating for the benefit of others the recipe which has proved helpful. Warts always seem more flourishing in the summer than in the winter, and it is possible that this direction may again supply a felt want.

I write to thank you for the benefit I derived through your column some six months ago. I have a son, 14 years of age, whose hands were completely covered with warts; in some places two or three were grown into one. I chanced to read in your column that beeksteak soaked in vinegar and applied would effect a cure. In desperation I gave it a trial, but was not content with three nights, and used it perhaps a dozen times. The warts disappeared as if by a miracle, and the hands are now as smooth and white as can be, and it would be impossible to detect where the warts were. Pardon this long explanation, but I am grateful, and this is the first time I have had an opportunity of acknowledging the favor.

D. F. W. (Kewana, Ill.).

How to Put Down Butter.

The following is from the correspondent who gave minute instructions as to putting down eggs recently. The directions for keeping butter are no less timely now that the season of year is here when it is at its best and cheapest. I put down butter any time from June to September, the June butter preferred. Get gallon or even smaller jars, if the family is small, wash thoroughly in soap suds, rinse thoroughly in soda water and then in clear water. You can't be too particular—it pays in the end.

water. You can't be too particular—it pays in the end.

Get your firkin of thirty, sixty or ninety pounds of butter, and cut out chunks, putting them into the wet iar. Use a wooden potato masher which has been soaking in côid water for at least an hour to mash the butter down into the jar in a solfa mass, putting in about a quarter of a jarful at a time. No airholes must be left between the layers. Fill to within one and a half inches of the top. Now put over the butter a piece of clean cheesecloth, or flour sacking will do. Cover this with coarse salt, packing closely about the edges as well. When the jar is full, carry it down into your cellar or put it in some other cool place and cover the salt with water. Never let the salt dry out, but every week or two add water.

Your butter, if nice and fresh when put down, will be good until butter is cheap again, or until May; that is, if you have put enough down. Keep track of how much you use in a week, and of how many weeks you wish the supply to last, and buy accordingly. When butter is selling for 35 cents a pound or more we are eating in-cent butter and can have cakes and cookies and other good things which require the dairy product. Try a jar, but don't put it near your furnace room. You can pile one jar on another to save space.

Mrs. L. B. K. (Des Moines, Iowa).

For Washing Flannels

Here is a fine way to wash fiannels. They will not shrink if these directions be strictly followed: will not shrink if these directions be strictly followed:
Half fill two tubs with tepid water; cut fine two bars of good laundry soap; place in a small kettle and cover with water. Set this on the fire until it is melted.
Put half of the suds into each tub; test the heat of the water with a thermometer; it must not be above \$\frac{9}{6}\$ degrees. Wash the fiannels in one tub and then in the other. Next, empty the tubs and refill with clean tepid water and no soap. Rinse the fiannels and hang them out to dry at once.

More soap and water may be used, according to the size of the wash.

Mrs. L. S. (Pittsburg, Pa.).

Formula for a Stain Wanted Will some charitable member of our big family send to Marlen Harland for publica-tion in the School for Housewives a for-mula for a cheap and durable stain for a hardwood floor?

Mrs. F. P. H. (Hartwell, Ga.).

Presumably for Georgia pine Scors the prettiest we have. The formula will be published cheerfully and promptly as soon as it comes in.

FAMILY MEALS FOR A WEEK

STINDAY BREAKFAST. wheaten grits and cream, stewed egg sauce, popovers, toast, tea

LUNCHEON. Cold corned beef (a left-over), beet and lettuce salad (a left-over), tomatoes stuffed with mushrooms, graham bread, crackers and Gorgonzola cheese, cup custards and sponge cake. DINNER.

Mulligatawney soup, fricasseed chickens with dumplings, boiled rice, artichokes, Swiss chard, cottage pudding with wine sauce, black coffee.

MONDAY BREAKFAST.

DINNER. Corn gumbo soup (based upon Mulligataw-ney of yesterday), chicken and mushroom vol-au-vent (the chicken a left-over), baked onions, lettuce salad with cream, cheeseballs, brown bread and butter (thin) with salad, rice custard pudding, black cof-

TUESDAY BREAKFAST. hominy boiled in milk, cream, d fried sweet peppers, rolls, toast,

LUNCHEON. Omelette with cheese, loaf cornbread, baked potatoes, lettuce and sardine salad, jelly roll, cocoa, DINNER.

WEDNESDAY BREAKFAST. ges, cerest with cream, deviled kid-multing tosst, tes and coffee.

LUNCHEON. Cold lamb (a left-over), scalloped sweet potatoes, fried mush, macedoine salad (us-ing left-over of peas and beans), bananas sliced with cream, jelly cake, tea. DINNER.

Russian soup (with poached eggs on top), lamb's liver en casserole, macaroni with tomato sauce, stewed mushrooms, date-and-fig pudding, black coffee. THURSDAY

BREAKFAST. eal and cream, breakfast bacon,

DINNER.

FRIDAY BREAKFAST Oranges, cereal and cream, codfish steaks, raffles, toast, tea and coffee. LUNCHEON.

Baked omeletta, tomato toast (baked), stuffed cucumbers, lettuce and green peasalad (a left-over), charlotte russe, tea (iced, a la russe). DINNER. Codfish bisque (a left-over), larded sweet-breads, apinach, green corn pudding, caramel custard and cake, black coffee.

SATURDAY BREAKFAST. Grapefruit, cereal and cream, bacon and reg, rolls, toast, tea and coffee.

LUNCHEON. ms, corn fritters (made from ! yesterday's pudding), spin-over), berry shortcake (hot), DINNER.