

move from boiler, and store in the dark.

Canning Tomato Juice—Cut up tomatoes, do not peel them. Put in the preserving kettle and boil until quite soft. Press through a sieve, keeping out the skins and seeds. Pack in sterilized jars, adding one teaspoon salt to each quart. Put on rubbers and tops and partially tighten tops. Sterilize in the boiler 20 minutes. Tighten tops and remove jars.

Canning Whole Tomatoes—Choose firm, mostly tomatoes, just big enough to enter the mouth of the jars. Blanch one and a half minutes and cold dip them. Remove skins and drop the tomatoes, without breaking them, into the jars. Put up some more tomatoes and put on to boil in the preserving kettle. When soft rub through a sieve and pour the strained juice, boiling hot, over the whole tomatoes to completely fill the jars. Add one level teaspoon salt to each quart. Put on rubbers and tops and partially tighten tops. Place in the boiler and sterilize 15 minutes. Tighten tops and store. Tomatoes canned in this manner will be found excellent for serving with salads, baked, stuffed or breaded, or in any way where fresh ones are used, while the strained juice is ideal for soups and sauces.

Tomatoes and Okra—Okra when canned alone requires one and a half hours to sterilize, but when combined with tomatoes which contain a higher percentage of acids, the combined product will sterilize in 50 minutes. Prepare as other tomato combinations and use the tomato to completely fill the jars.

Tomatoes and Cowpeas—Canned together, also sterilize in 50 minutes.

Good Judgment in Furniture Selection

THERE are some things around the home which we can purchase without devoting a great deal of time and judgment to their selection, but not so in the case of furniture. We expect furniture to last a long time, and in order that we may not become tired of the pieces we buy from time to time, and to make sure that they harmonize with other furniture we have in the home, we require to exercise care and thought on the matter. Here is what Nellie M. Killgore, of the Colorado Agricultural College, has to say on the subject:

Too much care cannot be exercised in the selection and purchase of furniture. A good substantial piece will last more than a lifetime, and it is only fitting that beauty of line, finish and design should be considered as well as durability. For the average farm or town home of a family of moderate means, the best designs in furniture are those which show solid construction, straight lines and good finish.

It is usually a mistake to buy furniture with a great many curves, spindles or carving about it. For the last decade we have seen too many highly varnished golden oak tables, platform rockers and other pieces alive with carvings, bulging with contortions and covered with "carving" which is either glued on or pressed into the wood. If we only had a good fairy to turn these ugly pieces into straight ones, using the same good material.

So when you get ready to buy that new furniture, let us have it strong and plain, with many straight lines and few curves, no carving, no varnish and no painted grain. Very often there is a difference in price, and one recalls the old saying, "A thing of beauty and a joy forever."

These wrapped in a cloth moistened with vinegar will keep fresh for a considerably longer time than if kept in the ordinary way.

COOK'S CORNER

Conducted by L. G. Grumby.

Onion of Medicinal Value

It is said that every vegetable garden is a medicine chest full of remedies that are recognized by physicians as being of wonderful value in the treatment of various diseases, and to no vegetable can we ascribe greater medicinal value than the onion. It contains sulphur oil, which is so good for gastric digestion. This oil is also a deadly foe to the germs that cause cold. We know from experience that eating raw onions has cured colds.

Onions are especially good for insomnia. The excruciating pains of rheumatism are allayed by their use. They are a nerve food. "An onion a day keeps the doctor away." I imagine everyone else away, too; for the odor of onions is very disagreeable to some people.

This unpleasantness, however, should be overcome, and this valuable vegetable should find a prominent place in our daily menu. In fact, it is almost indispensable as a seasoning, aside from its food value, as for instance in salads, dressings, pickles, etc. Here are a few of the many onion recipes:

Onion Sandwiches.

Soak for an hour in ice cold water, well salted and thoroughly sweetened, finely cut Bermuda onions. Drain and mix with slightly sweetened mayonnaise. Serve in round slices without crust.

Boiled Onions.

Put onions in cold water, remove skins under water, drain, put in saucepan and cover with boiling salted water. Boil five minutes, drain and again cover with boiling salted water. Cook one hour until soft but not broken, drain, add a small quantity of milk, cook five minutes, and season with butter, salt and pepper. Some prefer without the milk.

Fricassee of Onion.

After peeling onions, stem slowly in boiling salted water. When tender, add one-half pint milk and a level tablespoon flour which has been stirred smooth in a little milk, and a heaping tablespoon butter. Cook five minutes and serve with mashed potatoes.

Onion and Egg Salad.

Mince together five tablespoonsful of onions, two hard-boiled eggs and part of a head of lettuce. Serve on lettuce leaves with boiled dressing.

An Effective Remedy for Ants

MANY a housewife finds her pantry shelves invaded from time to time with the household ant and oftentimes it is difficult to secure a formula which will satisfactorily banish this pest. The following has proved to be effective in many instances and should be worth trying out.

Dissolve five pounds of sugar in one and one-half pints of water in a double boiler and heat gently. Add one-fourth ounce of sodium arsenite dissolved in a little hot water to the syrup. Moisten a sponge in this syrup and place in a pint screw-top glass jar with the porcelain cap broken out and four large holes punched in the lid with a twenty-penny nail. The sponge should about half fill the interior of the jar. Prepare anywhere from one to six of such jars and place them where the ants are foraging.

The worker ants will forage greedily on this for some hours, after which they often will not touch it unless it is moved a few feet or placed in an-

other spot. The poisoned sweet is carried into the nest and a large proportion of the colony will die of slow poisoning.

The sodium arsenite, it must be remembered, is poisonous, and proper care should be taken to keep it away from children and the food supply.

In addition to this remedy, proper measures should be taken to remove so far as possible all food upon which the ants are foraging.

The Better Thing

Edgar A. Guest.

It is better to lose with a conscience clean

Than to win by a trick unfair;
It is better to fail and to know you've been

Whatever the prize was, square,
Than to claim the joy of a far-off goal
And the cheers of the standers-by,
And to know down deep in your inner

soul
A cheat you must live and die.

Who wins by trick can take the prize,
And at first may think it sweet,
But many a day in the future lies
When he'll wish he had not defeat.

For the man who lost shall be glad at heart,
And walk with his head up high,
While his conqueror knows he must

play the part
Of cheat and a living lie.

The prize seems fair when the fight is on,

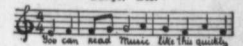
But save it is truly won
You will hate the thing when the crowds are gone,
For it stands a false deed done.

And it's better you never should reach your goal
Then ever succeed to buy
At the price of knowing down in your

soul
That your glory is all a lie.

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