tematoes and put in a granite kettle cover with an equal amount of sugar and let stand over night. Drain the juice in the morning and cook slowly until rather thick, then add the tomatoes and 2 ozs, preserved or green ginger, and 2 lemons washed and sliced thin with seeds removed. Cook slowly until tomatoes are clear.

l'ears may be done the same way, excopt that they are cut into small pieces. Any kind of marmalade may be made into a good pickle to use with meats by adding spices and vinegar.

Graham Nut Bread.-Sift some graham flour. Then sift together three times. 3 cups graham flour, half a cup white flour, I teaspoon salt, and 3 rounding teaspoons baking powder. Add 1 cup sugar, 1 cup nut meats chopped fine, 21 cups milk. Mix the whole to a dough. and bake about an hour. (Boston Cooking School)

Potato and Beet Salad.-Have potatoes and beets boiled; cut them in thin slices, and season with salt and pepper. Crumble the yolk of hard-boiled eggs and chop some parsley. Arrange in the salad bowl alternate layers of potatoes beets, egg, parsley and dressing, leaving a generous amount of egg and parsley for the top. A little thinly-sliced onion may be added to this salad if liked.

Tomato and Cucumber Salad. -- Peel 4 tomatoes and chill. Slice 2 small cucumbers, and soak in salt water. When needed, make a bed of lettuce in a bowl and arrange cucumbers and tomatoes, sliced, in layers. Add also 2 small onions thinly sliced. Pour over all a French dressing.

French Dressing.-Mix ½ teaspoon salt, teaspoon pepper and 3 tablespoons salad oil together, and slowly add 1 tablespoon vinegar, stirring constantly until thick. Less oil and more vinegar may be used if preferred.

Cheese Custard Pie.-Stir into a smooth batter 1 cupful of curd, 1 cupful of sweet milk, 1 a cupful of sugar, 2 eggs, and a grating of nutmeg. Pour this into 2 pie-pans that have been lined with pastry, and bake until the custard

Cold Slaw -One small cabbage, 5 or 6 stalks celery. Chop both very fine and mix together. Season with salt and pepper, and mix in salad dressing, or simply 1 pint good vinegar

Stexed Green Corn - Half dozen medium ears corn. Split down the center of the grams and scrape off the cobs. Boil. oncovered, in a quart of water for 3 hour. Add silt, pepper, 2 tablespoons butter, and $\frac{1}{2}$ cup milk. Boil five minotes and serve

Fried Tomatoes - Fin six large tomatoes in halves without peeling. Lay them in a pan with skin side down, put in a large tablespoonful melted butter. and fry until tender. Remove the tomatoes to a hot dish, thicken the gravy in the pan with 1 tablespoon flour, and -eason. Add to st ; pint milk, and stir

French Pickie. Since in an earthen jar the pack green tomatoes, six large onions stand 24 hours, and drain. Add I quart inegar, 3 lbs sugar, 1 lb, white musand seed, I teaspoon ground cloves, I of ginger, 2 of mustard, 1 of cayenne replier and cook slowly for 15 minutes. Snowballs - Cream : cup butter, add 1 p sugar and beat Mix 2 level teamons baking powder with 2 cups flour, dd to letter and sugar alternately with · cup milk Add the stiffly beaten whites of 4 eigs, just folding them in | iii | hattered cups half-way, and steam } our Roll in bowdered sugar and serve

Potato Salad One teaspoon chopped mon, 2 cups chopped cold potatoes, 3 oughly-chopped hard-boiled eggs, 2 heads ettuce shredded. Mix all with following ived mustard, i teaspoon pepper, 1 -aspoon salt, i cup best tinegar, all mked in double boiler until it thickens. his dressing keeps well, and the quan-'y is sufficient for two salads of the

Stuffed Eggplant requested).-Cut an plant into halves, and scoop out the idace. Chop the flesh fine and mix titles espoons melted butter, I teaspoon men found in milk. Some cause sour-

Eggplant, French Style-Best a large eggplant until tender. Peel and mash smooth, seasoning with butter, pepper and salt, and a little thyme. Chop 2 2 tablespoons breadcrombs. Mix with the eggplant, put into a buttered dish. put breadcrumbs over the top with bits of butter, and bake in a quick oven until

Creamed Cabbage - Chop one small cabbage fine, cover with boiling water, add soda size of a pea, boil 10 or 15 minutes, and drain off the water. Draw the cabbage to one side of the kettle, melt in the space 1 tablespoon butter, add 1 tablespoon flour, mix until smooth, then stir in a cup of milk, and when it all boils, season, mix with the cab age, and

Fried Beets.-Wash without breaking the skin, boil tender, slice, and fry in butter. Season, and serve very hot.

Cold Meat -Two cups cold roast meat hopped fine, I teaspoon mustard, I hardboiled egg chopped, salt and pepper to taste, vinegar to moisten. Put in a dish and press. Slice when cold.

Milk as Food.

[Condensed from Farmers' Bulletin 363, U. S. Dept. of Agr.]

The chief bulk of milk is water, the cent, in very rich milk, the average sterilized, air-tight bottles or sealers.

salt, a teaspoon black pepper, and a dash ing and "lobbering", others develop of cayenne. Mix thoroughly and put into strong, unpleasant odors; while yet shells. Lay on top of each a thin slice others cause a samy or ropy consist-dier of bacon, and bake in a quick oven for ency. Hence it will be seen that scrup- as blous cleanliness about everything which beef. Even skim past. comes in contact with milk is of first protein which it contain.

In general, a well-fed cow gives more and better milk than if poorly fed, but hard-boiled eggs and haif an onion. Add the relative proportions of fat, caseir. and sugar in the milk are not so greatly influenced by the composition of the food as is the quantity of milk.

Work should always be strained directly the mulking is over, or, better still, it should be drawn into pails covered with straining cloths and subsequently strained again. It should be kept in pure air. free from odors of any kind, and great care should be taken that the water used for washing the new ssary vessels is above suspicion, disease has often been communicated by using water containing di-ers- g-rms.

As bacteria do not develop in a low temperature, milk should be cooled as soon as possible, and kept as cold as possible, in order to prevent souring The application of heat, by pasteurizing or sterilizing, will also keep it sweet, but heat unfortunately causes some changes in chemical composition and flavor. Of the two processes, pasteurization is the better. To pasteurize, place the milk in bottles stoppered with sterilized cotton, immerse to the neck in hot water and heat at 149° F. for half an hour, or at 167° F. for 15 minutes, then quickly cool to 50° F. or less. In sterilizing. the milk is actually boiled. Boiled milk amount of which may vary, even in will remain sweet in a warm place longer ordinary unadulterated milk, from 90 per than pasteurized milk, but is less desircent. in a very poor product, to 84 per able as food. In either case keep in

food material and should no more ment in cooking. For instance i read made with milk contains more not ment than bread made with water, mix some are excellent feeds, also pures of regetables to which milk has been added. Milk or cream sauces are also valuable, as are puddings and ices in which milk or cream fill a prominent place. Just here it may be mentioned that milk as a beverage is more easily digested if taken with some other food, such as bread or crackers. If taken alone it should be sipped very slowly in order to prevent coagulation into balls in the stomach.

Among milk products, butter, cheese, Devonshire clotted cream, and cottage cheese are all valuable foods; also unket, buttermilk and koumiss, which are particularly suitable for invalid diet

The Beaver Circle.

[All children in second part and second books, will write for the Junior Beavers' Department. whi write for the Junior Deavers Department. Those in third and fourth books, also those who have left school, or are in High Scho¹, tetween the ages of 11 and 15, inclusive, will write for Senior Beavers'. Kindly state book at school, or age, if you have left school, in each letter sent to the Beaver Circle.]

An Old Man's Story.

The following story was sent us by a ubscriber, who says, "Please print this. It may be the means of curing some boys of their cruelty to dogs." . . Of course, none of you "Beaver" boys are cruel, but if you know some boy who is, you might pass the story on to him.]

A half-dozen boys were gathered about an old barn under which a defenceless dog had taken refuge from their tormenting attentions

Some were lying flat on the ground, peering under, some were hurling missiles as far as they could reach; while two others, more enterprising still, were trying to pull up a board in the floor.

Amid their excited shouts of "There he is ' I see him'" "Hold on, there; I'll fix him" and kindred exclamations, they did not hear carriage wheels in the soft. dusty road, or see the occupant, until a quaint voice said:

"What is it, boys"

One or two slink away in a shamefaced manner, but two or three others began all together to tell him what their Victim was

"He hain't nobody's dog," said one.

"Nd we think he's got hydrophobia." said another, while a third added: "He's no-'count dog, anyhow, 'nd if we git him out we're goin' to tie a stone to his neck 'nd drown him over in Sammond's pond."

"Has he bitten any of you?" the voice inquired again.

"He sort o' snapped at Wallie's hand, nd he'd a bit me if I hadn't been too smart for him," said the largest boy, while Willie examined his dirty fingers with a martyr-like air.

"I suppose you boys were quietly playing somewhere, and the dog pitched into

There was a profound silence for a few moments, when one bright-eyed little fellow said manfully :

No, mister, he didn't He was lyin' down by the brew'ry with a bone just gnawing it, you know-ind we sort o' got to pleggin' and pesterin' him, 'nd twas when Wallie snatched the bone that he snapped."

"Have you time to listen to an old man's story?

Instantly sticks and stones were dropped, though two of the lads tried to put on an indifferent front

Priving his horse into the shade of a

building, the stranger began "You boys do not realize it, any more than I did when I was a boy, but, nevertheless, it is true that every day of ourlive we write out a page in the Book of I de and when one is old, he has a great deal of time in which he must look back ead over these pages, and when I rementing that helpless dog, it not be an ofmy life tack at a



Such soft, warm bodies to cuddle Such queer little hearts to beat,

being about 87 per cent. The solids of milk vary from 10 to 16 per cent, and are made up of protein, fats, carbo hydrates and mineral matter, all valuable in food. In milk the principal protein compound is casein, the part chiefly utilized in cheesemaking. From the fat butter is made. The chief carbohydrate is lactose or milk sugar.

Beside the above constituents milk also contains large numbers of bacteria Few of these are in the milk when it is drawn from the cow, but they are so abundant in the air, especially about the stable, and cling in such numbers to the bodies of the cows that they speedily find their way into the milk pails, where they reproduce with astonishing rapidity. The number in milk of a given age of course varies with the conditions. Milk from clean cows, with freshly-washed udders, milked into well-scalded pails, in a clean place, free from air currents, by persons with clean hands and clothes. and quickly cooled and cardully handled. may contain very few; while milk from nil-kept animals, untidily handled, in a sh, leaving a rind thick enough to hold dirty place, may contain enormous quan-

it an equal amount of breadcrumbs, 2 A great many kinds of bacteria have

Such swift red tongues to kiss you Such sprawling, cushions feet '

MILK FOR CHILDREN.

Many physicians consider that infants fed for a long time on boiled milk show a greater tendency to scurvy, rickets and other diseases of malnutrition than when raw or pasteurized milk is used. Fortunately, most healthy children thrive on good pure cow's milk, or cow's milk simply modified. It is the sickly who require special preparations, and their needs vary so greatly that only the physician acquainted with the case, and not always he, can say what change is necessary.

When raw milk is used great pains should be taken not only to obtain fresh, clean milk, but also in caring for it scrupulously until used. Otherwise diarrhea and other serious disorders may be occasioned.

MILK AS FOOD.

Compared with other food materials, milk furnishes the nutritive ingredients in forms in which they may be easily and thoroughly digested by the normal healthy person, and often by those impaired health. It has sometimes becalled a "perfect" food Although contains too much water to 'e e : that, its solids furnish a the re-

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