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**HOUSEHOLD**

**CORN CAKE WITH SOUR  
MILK**

Mix half a cup of flour, one  
cup of corn meal, three-quarters  
of a teaspoonful of soda, and half  
a teaspoonful of salt. Beat one  
egg thoroughly and add it, with  
one and-a-half cups sour milk, to  
the dry mixture. Bake about  
twenty-five minutes in a moder-  
ate oven, in hot, greased gem-  
pans.

**COLD PACK FOR RHUBARB.**

Sterilize all the cans, covers  
and utensils required. Wash the  
rhubarb and cut in lengths which  
fit the cans. Pack the cans as  
full as possible, put on the rub-  
bers and fill jars to overflowing  
with cold sterilized water. Twist  
down the tops, cover edges with  
melted paraffin, wrap cans in pa-  
per and store in a cold place.  
This process cannot fail if all the  
utensils are sterile, and if the  
cans are properly sealed.

**"Putting Up"  
Strawberries**

Canadian strawberries are  
looked for next week, and be-  
fore long the season for preserv-  
ing, canning and "jamming"  
these berries will be close upon  
us. It is not a bad plan, instead  
of having one long and exhaust-  
ing day for preserving to do up  
a few boxes of berries every few  
days. Thus with very little ef-  
fort, the winter's supply is secur-  
ed.

It is surprising how insistent-  
ly the housewife clings to the  
idea of quart jars. The major-  
ity of families cannot dispose of  
a quart jar of fruit at a sitting,  
and sometimes in consequence  
the last of the fruit goes bad.  
The pint jar means fewer left-  
overs, and permits of greater  
variety in the daily diet.

Strawberries should be used as  
soon as possible, after they are  
picked. It is well to remember  
that retention of shape and fla-  
vor is most essential. Over-  
ripe fruit is never perfect in  
shape and the true fruit flavor is  
lost. The preserve closet, where  
strawberries are stored, should  
be cool, dark and dry. As they  
very quickly lose their bright  
color when exposed to the light,  
it is a wise precaution to wrap  
each in brown paper. In the  
following tested recipes will be  
found formulas for "putting  
up" strawberries to the best ad-  
vantage:

**CANNED STRAWBERRIES**

Hull, wash, drain thoroughly  
and weigh the berries. For each  
pound of berries allow ten oun-  
ces of sugar and one-quarter of a  
cupful of water.

Cook the sugar and water to a  
thick syrup, let cool a little and  
pour over the fruit that has been  
packed in sterilized jars. Fill  
the jars to overflowing, adjust  
the rubbers and place the covers  
on loosely.

Set the jars on the rack in a  
boiler or steam kettle. Cover  
with folds of cloth or paper and

surround with water of about the  
temperature of the jars. Bring  
slowly to the boiling point; let  
boil ten minutes.

Run a sterilized silver knife  
around inside each jar between  
the fruit and the glass to release  
any air bubbles, add a little more  
syrup (from an extra jar) to be  
sure that it really overflows and  
seal air tight. Let the jars cool  
in the kettle.

**STRAWBERRY JUICE AND  
SYRUP.**

Strawberry juice may be can-  
ned in the same manner as grape  
juice. Such juice may be made  
into jelly at any time. To pre-  
pare the juice wash the berries  
and hull them. Place in a pre-  
serving kettle over the fire, and  
for each quart of berries add two  
tablespoonsful of water.

Crush with a pestle and heat  
slowly to the boiling point. Let  
simmer for about ten minutes,  
then strain through two thick-  
nesses of cheesecloth, pressing



out all the juice possible. Heat  
this strained juice to the boiling  
point and store in hot sterile bot-  
tles, filling them to overflow.  
Cork with sterile corks and seal-  
ing wax or the patent air-tight  
corks.

In making strawberry syrup  
add half a cup of sugar to each  
quart of juice. When using the  
strawberry juice to make jelly,  
either apple juice or currant  
juice should be added. Use one  
pint of strawberry juice to two  
of currant or apple juice and pro-  
ceed as for ordinary jelly.

**SUNSHINE STRAWBERRIES**

Put into a preserving kettle as  
many pounds of sugar as of hul-  
led, washed and drained straw-  
berries. When the juice is  
drawn out a little, set over the  
fire and cook slowly for twenty  
minutes after boiling com-  
mences.

Turn the berries into agate  
pans or earthen plates, cover  
with panes of glass and set in  
the sun. Let stand for two days,  
stirring two or three times each  
day.

Store without reheating in  
jars or glasses.

The time of cooking may be  
cut down to ten minutes, if the  
fruit is left in the sun a day or  
two longer. Seal as for jelly.  
Fruit preserved in this way re-  
tains the delicious fresh fruit  
flavor; large perfect berries  
should be used.

**STRAWBERRY JAM.**

For each pound of berries  
take three-quarters of a pound  
of sugar. After having care-  
fully washed, hulled and drain-  
ed the berries, put them over

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the fire and heat slowly until  
softened. If eight or more  
quarts of berries are used, pour  
off a pint of juice and store for  
strawberry juice (method already  
given). Add the sugar, slight-  
ly heated, and let cook down un-  
til thick. The quicker the jam  
is made the better the color will  
be. The heating of the sugar  
hastens the cooking. Cover  
with paraffin when cold.

**PINEAPPLE AND STRAW-  
BERRY**

This is an old-fashioned delic-  
acy, very easily made. Allow  
for three quarts of berries one  
pint of shredded pineapple, two  
cups of water and five pounds of  
sugar. Cook the pineapple in  
the water about twenty minutes;  
then add the sugar and when it  
boils again, the strawberries.

Cook for twenty minutes and  
seal in small sterilized jars that  
have been heated. Seal air-  
tight with hot covers and rub-  
bers as for other preserves. Fill  
the jars to overflowing.

The British foreign office says  
advices from Germany indicate  
that the German agricultural pro-  
duction for the present year will  
not exceed 40 per cent of the nor-  
mal.

Maximilian Harden, the most  
brilliant and outspoken champion  
of democracy in Germany, is again  
in trouble. After a long period of  
immunity, during which he freely  
attacked the government's war  
policy, eulogized President Wilson  
and practically endorsed the Es-  
tate suggestions that permanent  
peace could only come through Ger-  
man democratization, Harden's pa-  
per has been suppressed. The  
fact that he was permitted so long  
and so boldly to discuss war prob-  
lems was a surprise to the world  
at large. Harden, like Liebknecht,  
is one of Germany's great cham-  
pions of liberty. This suspension  
of his paper, Die Zerkunft, after a  
long period of immunity, is one  
more proof that government fear  
of popular opinion is not yet a fac-  
tor in German life.

—St. John Globe.

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