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OF INTEREST TO WOMEN

COLD PACK CANNING.

Beets.

Beets should have tops cut off two inches from the beet. Roots should remain uncut. Blanch in boiling water until skins slip readily. Plunge in cold water.

Grade the beets according to size; can the smaller ones whole; the larger ones are best packed in if sliced.

Add one teaspoonful of salt and one tablespoonful of sugar to every quart of beets.

When placed in hot water bath, count ninety minutes for pints and 100 minutes for quart jars.

When removed from bath see that rubbers are all right and tops fastened tightly. Invert to test for leakage. If a jar leaks, remove top and rubber; adjust new ones and return to boiling bath ten minutes. Wrap each jar in paper to keep color.

Beans.

Beans may be canned whole or cut in inch pieces. Those canned whole are best for salads, while those cut up save jar space, as they may be much more closely packed.

String the beans carefully. Blanch ten minutes in boiling water. Plunge in cold water, changing the water until beans are cold.

Pack in sterilized jars. Boil ninety minutes for pints and 100 for quarts.

Peas.

Peas are the most delicious of the canned vegetables and need the greatest care.

Shell, blanch and pack in sterilized jars. Add one teaspoonful salt and one tablespoonful of sugar for each quart. Boil in hot water bath 120 minutes. Be careful to test each jar after sealing. Wrap in paper to exclude light.

String Bean Soup.

One cup of string beans cooked, 3 cups of boiling milk, four tablespoonfuls butter, two tablespoonfuls of potato or rice flour, one teaspoonful salt, one-eighth teaspoonful paprika, three sprigs of parsley (minced), one carrot (cooked).

Dice beans fine; add to boiling milk. Beat butter and flour until creamy, stir into the boiling milk, cook until smooth. Season with salt and pepper. Cut carrot into thin slices and then into attractive shapes. Serve hot with minced parsley.

PARKER HOUSE ROLLS.

1½ cupfuls cornmeal or bran, 2 cupfuls scalded milk, 1 yeast cake, 1 cupful wheat flour, half cup lukewarm water, ½ cup melted shortening, one tablespoonful sugar, 1 tablespoon salt.

Pour the hot milk over the cornmeal and let stand until lukewarm. Add the yeast mixed with the lukewarm water, and then the cupful of wheat flour. Beat thoroughly and let stand until full of bubbles; add the other ingredients and mix to a dough that may be kneaded, i. e., a soft dough such as is generally used for Parker House rolls is never quite as stiff as bread dough for the best results. When smooth and elastic, cover and let stand until double its bulk. Shape on the board until in a long roll about two inches in diameter; pinch off enough dough for each roll; knead into a ball and pull out about one-half inch in thickness. Rub a little melted oleo over top and fold over. Place on a greased baking sheet and let rise again until double in bulk. Bake in hot oven.

WHEN LIFE WAS SIMPLER

Shakespeare never drank a cup of tea, never tasted coffee, never sipped a glass of cocoa, never ate a potato and never smoked a cigar. Yet he managed to lead a variegated life and write plays that you still go to see. Napoleon, who died 97 years ago, never saw a steamboat nor a railroad train, nor even a gas light, but he ruled all Europe. Lincoln never saw an electric light nor talked through a telephone, but he freed 4,000,000 slaves. I doubt if William McKinley ever rode in a motor car. Certainly U. S. Grant never knew of wireless. They both rose to fame and went to the White House. The finest piece of known architecture on earth was erected at Athens by men who never saw a newspaper. St. Peter's cathedral

LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle sunburn and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck arms and hands each day and see how freckles, sunburn, windburn and tan disappear and how clear soft and white the skin becomes. Yes! It is harmless.

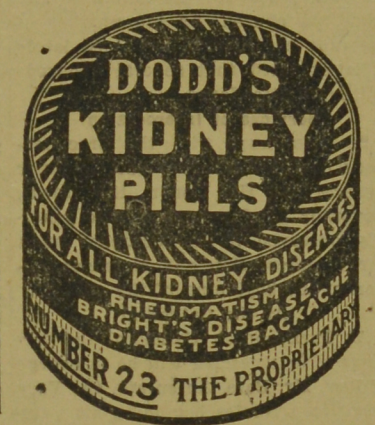
was the product of Michelangelo's brain, but he never read a book that came from a printing press or saw a mechanically typed page. Raphael painted his immortal Madonnas, but he never ate a corn muffin. Cleopatra never wore a velvet gown, and even if Helen of Troy was so beautiful she never owned a pair of leather shoes. George Eliot never beheld a movie, but she wrote "Adam Bede," which is a somewhat more important thing to have done. I presume that of all the women who ever lived in the world not five of them contributed more to the pleasure of a greater number of other women and men than the wife of a Chinese emperor. Forty-six centuries ago that empress discovered that a worm could make silk and she started the silk industry for this entire world.

Don't carry a good thing too far. Too much modesty makes a prude, too much religion makes a bigot, too much thrift makes a miser and too much cleverness makes a bore.



AT THE GAIETY THEATRE MONDAY AND TUESDAY

Amsterdam, July 26.—The Weser Zeitung, of Bremen, discussing the situation in Austria, says the past year has been one of progressive internal dissolution.



No Mark Logs Sold
Auctioneer F. L. Potts in the St. John Board of Trade rooms yesterday sold about 400,000 feet of unmarked logs, gathered during the season in the booms on the St. John river. There was a representative body of lumbermen and mill owners present and officials of the St. John River Log Driving Company. Sales were made to the York and Sunbury Lumber Co., John E. Moore and J. Fraser Gregory. The proceeds of sale of unmarked logs are divided among the operators. The prices at which the logs were sold were as follows:—Spruce, \$32.50, with bats and fir at two-thirds price; cedar \$15, with bats at two-thirds price; pine, \$22; hemlock, \$16.50. These prices will rule during the season at the booms.

Marriage is the point at which a man stops writing sonnets to the curve of his lady's eyebrow, and the glint of her hair, and begins writing checks to the beauty specialist who keeps them that way.

Three Books Worth Owning

Greatheart - - - Ethel M. Dell
A Minstrel in France - - - Harry Lauder
From Bapaume to Passchendaele, - Philip Gibbs

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