Interesting Suggestions for Our Lady Readers



WASH PRETTINESS FOR JUVENILES.



Smart Coats.

SOME RICH RELISHES FOR THE HOME COOKS

Sweet Pickles Are a Most Popular Preserve With the Masculine Taste --- Various Recipes That Will Be Found Very Useful.

The city housewife in her not overspacious apartments finds each year that she can spare less storage room for home-made preserves than she could the year before. Grandmother's good, old-fashioned store room is out-of-date, and the modern home-maker depends largely upon the fancy grocer and the Woman's Exchange for relishes and compotes.

Certain particularly tasty condiments, however, which are not seen on shop counters, or which require special knack in their preparation, she counts it a privilege to put up herself in this season of superabundance in fresh fruit and vegetables. The following are a few of the choice receipts gleaned from women who have been unusually successful with their special formula.

The preserve which appeals most strongly to the masculine taste is the sweet pickle.

Sweet Pickle Cucumbers—Line a preserving kettle with vine leaves, and put in the small cucumbers in layers, scattering a pinch of alum over each layer. When the kettle is full cover the contents with vine leaves and pour in just enough water to cover the cucumbers. Put the lid on the kettle and set it at the side of the stove to steam very slowly for three hours. At the end of the three hours drain off the boiling water and drop the cucumbers into fresh cold water. Change this water once an hour for four hours. Have ready a gallon of boiling vinegar into which have been stirred three dozen cloves, the same number of black pepper corns, a dozen blades of mace, a dozen and a half allspice and a cup of sugar. After the vinegar and spices have boiled together for five minutes pack the drained pickles in quart jars, fill to over flowing with the scalding vinegar and seal immediately.

Pickled Plums—Pound together in a mortar, three allspice berries, a small blade of mace, twelve peppercorns, three cloves and a small piece of cinnamon. Then tie the spices in a muslin bag. Dissolve one and a half pounds of leaf sugar in three-quarters of a pint of vinegar and put it into a preserving pan with the bag of spices, bringing it all gradually to the boiling point. Let the vinegar boil quickly for five minutes, then pour it into a jar containing three pints of sound plums (tart plums preferred). Cover the jar and leave the fruit for twenty-four hours. The following day pour off the vinegar and boil it up, then cover the fruit with it as before, and leave again until the next day. On the third day put the whole contents of the jar into a preserving pan, taking care not to break the fruit, and let it boil very gently for five minutes. Remove the spice bag and put the pickle into clean, warm bottles, being careful that the fruit is covered with vinegar. The next day cork the bottles securely and store them in a cool place.

The excellent recipes which come from thrifty English housewives are these:

Gooseberry Chutney:

4 pounds green gooseberries (not too ripe).
½ ounce Cayenne pepper.
2 ounces garlic
2 ounces dried ginger.
3 pounds loaf sugar
2 ounces mustard seed.
2 scant quarts best vinegar.

Put the berries, when picked over, into a preserving kettle with one quart of vinegar and sugar and simmer for an hour. Pound the seeds, garlic, etc., in a mortar and add to the berries, stirring with a wooden spoon. When well mixed, add more vinegar until the mass is of the proper consistency for chutney. Cool and bottle.

An excellent jelly to serve with roast mutton or goose is this: Cut up some red plums, which are not quite ripe, remove the stones and put the fruit into a large jar with some perfectly sound, ripe tomatoes cut in half, allowing three pounds of the tomatoes to each pound of the sliced plums. Tie a piece of parchment paper over the jar and place it in a deep saucepan of boiling water. Let it continue to boil for two or three hours, adding more water as that in the saucepan boils away. Pour the juice from the fruit into a jelly bag, taking care not to press it, and let it filter through slowly into a basin below. Then measure it and boil it for a quarter of an hour, skimming it well. Crush some loaf sugar, allowing a pound to each pint and a quarter of juice, heat it in the oven, add to it the juice and stir until it has dissolved. Then let the juice boil quickly for ten minutes, removing any scum as it rises to the top. If the liquid does not jelly when poured into a cold plate, boil it rapidly for a few minutes longer and test it again, always removing the pan from the stove while testing the jelly. When the jelly is ready remove the preserving pan at once from the stove and pour it into clean dry jars which have been previously warmed. Cover them with a cloth and leave them in a warm, dry place until the following day, when they should be made air-tight in the usual manner.

Nothing gives flavor to a plain bread or rice pudding like some thick, sweet preserves or jam.

Fig and Rhubarb Preserves—For ten glasses use four pounds of rhubarb, two pounds of dried figs and two pounds of sugar. Chop figs and rhubarb into small pieces and stew for an hour and a half or two hours until soft. Add sugar and boil slowly until the moisture is gone, which will probably be three or four hours. When the bubbles are thin, showing no juice, the preserve will be done. Care must be taken not to burn, particularly at the last.

The last of the strawberries can be worked into a strawberry jam. Stew the berries in a little water until quite soft and press through a sieve. To each pound of the fruit allow three-quarters of a pound of loaf sugar. Put the fruit and the sugar, which has been crushed and warmed, into a preserving pan and stir the ingredients constantly until the sugar has dissolved. Then bring the jam gradually to the boiling point. Let it boil gently (keeping it stirred and well skimmed) for three-quarters of an hour, calculating from the time it boils. Then draw the pan to a hotter part of the stove and give the jam a quarter of an hour's quick boiling. At the end of that time test it (removing the pan from the stove while doing so) by pouring a little over the surface of a plate. If it is not firm as soon as it is cold it should be boiled quickly for from eight to ten minutes longer, tested a second time, and so on until the desired result is obtained. It is impossible to lay down a hard and fast rule as to how long the jam should be boiled; it is sometimes ready in an hour and at other times it will take two hours.

THREE CHICAGO WOMEN

Have Been Appointed Members of the Board of Education.

(Boston Transcript.)

Mayor Dunne of Chicago has distinguished himself by the appointment of three women as members of the board of education. They are Mrs. Emmons Blaine, who has been the good angel of the kindergarten system; Miss Jane Addams of Hull House and Dr. Cornelia B. De Bey, who led the fight that defeated the bill making married women ineligible as teachers. If he can maintain this standard throughout his appointments, he will make Chicago a pattern for the world. Mrs. Emmons Blaine is not only using her fortune to further education, having given one million dollars for the professional training of teachers, besides other generous benefactions, but she is also lavish of her time and talents to the same end. Miss Jane Addams is in closer touch with the common people that any other philosophical thinker of our time. She lives out President Roosevelt's recent charge to college graduates: "Have high ideals and try to realize them in practical shape." She no sooner sees a wrong than she tries to remedy it. Though she advocates an elective school board, she will not refuse to work on an appointive one. She is not of those who wait for the millennium before serving; rather she serves in order to hasten it. Hull House is not a broad enough field for Miss Addams's large activities, although she has made it the Toynbee Hall of America. But it is the industrial centre from which she radiates energy. Her presence on the Chicago school board means new courage and hope to the teachers, new confidence for the parents, new enthusiasm for the taxpayers who support the schools. Dr. Cornelia De Bey will long be remembered as the woman who settled the Stock Yard strike in 1904 by interceding personally with packers and workmen. For eighteen years she has unostentatiously served the people. Formerly a teacher, now a leading practitioner, her interest in educational matters is profound. She has done noble legislative work in securing legalized kindergartens and improving conditions of child labor. The Chicago Teachers' Federation may well congratulate itself on a sympathetic representation on the school board.

WASTING ANAEMIA.

A Trouble that Afflicts Thousands of Young Girls—Cured by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills do only one thing, but they do it well. They fill the veins with new, rich, red health-giving blood, which drives away all traces of anaemia, headache, backache, palpitation, nervousness, dizziness and despondency. The new blood they make brightens dull lustreless eyes, and brings the rosy glow of health to pale cheeks. In curing anaemia Dr. Williams' Pink Pills cure the foundation of consumption as well. The new blood they actually make gives new strength and vigor to every organ in the body, and enables it to fight whatever disease attacks it. That is why they are the best medicine in the world for girls in their teens—or women in middle life—and to all those whose blood is weak, watery or impure.

Miss Mary E. Pratt, Blyth, Ont., gives strong testimony to the value of these pills. She says: "I was a sufferer for over a year with anaemia. I was completely run down, had frequent headaches, spells of dizziness and palpitation of the heart. I doctored all summer and was no better than when I began. I had practically given up all hope of finding a cure when my brother advised me to try Dr. Williams' Pink Pills. I got four boxes and when I had taken them I felt so much better that I got six boxes more, and before I had taken all these I was completely cured. I am more thankful than I can say for what the pills have done for me, as but for them I would not be enjoying good health today. I strongly urge all weak girls to give Dr. Williams' Pink Pills a fair trial."

Miss Pratt's experience proves the value of Dr. Williams' Pink Pills to every weak and ailing person. These pills can be had from any medicine dealer or by mail from the Dr. Williams' Medicine Co., Brockville, Ont., at 50c. a box or six boxes for $2.50.

Sunday school teacher. "What does it mean to 'quench not the Spirit?' "

Bright Pupil. "Please, marm, my father says he guesses it means not to put too much water into it."

MISS TAGGART

Has Killed Seven Bears and a Mountain Lion.

Miss Abbie Taggart, who is the guest of Miss Pearl Duke, at No. 1,602 Ingraham street, Los Angeles, may well be termed one of the most remarkable girls of the west.

Miss Taggart is an outdoor girl. Ever since she was three years of age, when her father strapped her to the back of a pony, which he let loose in the home yard, giving it a slap to make it run, she has developed a love for daring and risk that has inspired her to many wild adventures.

Miss Taggart recently returned from the Lake Tahoe district, where alone she shot and killed seven bears and a mountain lion, not to mention smaller game.

This locality, thirty-five miles from the town of Sonora, is rugged. The forester's camp is at Cow Creek, on the old Mono and Sonora toll road, over which millions of dollars' worth of gold ore was packed in the early days. But now only wild animals pass that way. Twenty-five miles away, in the deepest and loneliest of Sierran grandeur, is Kennedy's Lake, a place especially favored by Miss Taggart, who has often made the trips unaccompanied on her spirited horse, with hunting knife and ammunition at her belt and rifle loaded for big game. Perhaps she would not return to her camp for two or three days, but her parents never worried, for they knew her self-reliant and independent nature.

"Getting the first bear was a cinch," said Miss Taggart. "I was riding along when suddenly my horse gave a snort and jumped about ten feet. Right ahead among the pines I discovered a black bear. I had been wishing for just this thing to happen. I determined to kill that bear, but my horse was pirouetting about most dreadfully. It was his first bear as well as mine, and he didn't like it. After he'd turned several somersets and tried to climb a tree I jumped off and let him go. My, how he did run!

"Then I faced Mr. Bear, who was backing away and looking rather indignant, as if to say, 'Madame, you're intruding.' He eyed me savagely, but backed against a log, stopped and glared at me. This incident was a verification of the saying that 'He who hesitates is lost.' I took careful aim, fired, and Mr. Bear, with one final despairing grunt, toppled over.

"I tell you what, though, my next bear gave me a fight. He was a rouser, weighed almost eight hundred pounds, and was as fierce as fifty devils. This time, also, I was on Megaphone—that's what I call my horse. The horse and I caught a simultaneous glance of a huge baldface black bear. The habits and characteristics of this species are like those of the grizzly. They are ferocious fighters. Well, that old fellow walked leisurely toward us wagging his head from side to side and regarding us with a murderous eye. When within about thirty feet of us he stood on his haunches and blew—whool, whool, whoof, whoof! My, but he was mad. I shouted at him, shrieked, yelled, made all the hideous noises I could think of, just to see if he would shoo, but he wouldn't.

"Megaphone was snorting and plunging frightfully and I had all I could do to keep the saddle. Using my gun under such conditions was impossible, so I leaped to the ground and blazed away at the monster. The bullet didn't strike right, and he jumped toward me madly, with teeth and claws all set for business. Quickly I fired again, this time successfully, for the ball went straight through his head. Yes, I did have a narrow escape, probably, but it was all so exciting and exhilirating I didn't think of danger once. Next day I shot a mountain lion. No; I've never shot a deer and I've seen lots of them, too. They're too pretty to kill. Rattlesnakes and bears are my long suit. I've absolutely no use for either one."

HOW DO YOU LIKE THIS, MR. ATKINSON?

It is reported that the man who first said that a woman could dress on $65 a year has gone into bankruptcy, owing $15,000 for his wife's milliner's and dressmaker's bills.—Atlanta Journal.

SOME TIMELY HINTS FOR YOUNG MOTHERS

What to Do Before the Doctor Comes When Baby Is Ailing---How to Treat Various Skin Eruptions Peculiar to Summer.

Do not discard baby's flannel's entirely. Substitute for the tight flannel binder, a loose, woven band of light-weight wool, silk and wool or cotton and wool, with shoulder straps. This will prevent summer complaint from sudden chilling of the bowels.

If the child perspires profusely and his pillow is soaking wet each morning, substitute a hair pillow for the feather one.

Pasteurized food is the best preventive of the dreaded summer complaint. If you cannot afford to buy the regulation Pasteurizer, which will cost you three dollars or a trifle less, use this method: Fill jars or bottles with the milk, or milk diluted with water or gruel, whatever formula you use in feeding the baby, and fasten the corks or lids tight. Set these bottles into a deep pot of cold water, and bring the latter to the boiling point as rapidly as possible. Lift the pot from the stove and allow the bottles to remain in the water for twenty minutes. Then set them in the sink and turn first warm and then cold water over them, making the change gradually. As soon as they are cool, set them on the ice until baby is to be fed, and re-heat the milk until it is just lukewarm.

Summer complaint is a form of poisoning and the intestines must be cleansed. If a physician is not at hand, the mother may safely administer a teaspoonful of castor oil. Substitute for the milk diet either barley water or wheat gruel, alternated with mutton broth and barley water in equal proportions. Give the baby plenty of water which has been boiled and cooled.

If, before the physician arrives, the baby is seized with convulsions, undress him at once, lay him on the bed in a cool, quiet room, put ice bags to his head and hot water bottle to his feet. If you have no ice bags, then wring cloths out in ice water, and change constantly. Have water ready for a hot bath if the doctor orders it, and if convulsions continue, the bowels should be cleansed out by an enema, or if he can swallow, give him a teaspoonful of castor oil.

For a constipated baby, avoid patent medicines. Try gluten or soap suppositories and if these fail, administer twenty drops of pure oil every morning. Keep the bowels open, because diarrhoea frequently follows on the heels of constipation.

Baths relieve a variety of small ailments. For prickly heat, dissolve three heaping tablespoonfuls of bicarbonate of soda or common baking soda, in a basin of warm water (98 degrees Fahrenheit), and sponge from head to foot. Starch baths will also relieve prickly heat. Fill a small bath-tub with tepid water, add a cupful of starch and when it is thoroughly dissolved, let the child lie in it for several minutes, then pat the skin dry with soft, old towels. For eczema or severe chafing, try bran baths. Fill a cheese cloth bag with a pint of wheat bran, and squeeze this with your hands in the water until the latter takes on a milky look. Allow the child to lie in this for three or four minutes.

When a child is restless or feverish, use the alcohol bath. One or two tablespoonfuls of alcohol (95 per cent.) should be added to a basin of warm water. Sponge the entire body. When the child is weak and exhausted, try the daily salt bath. Dissolve a small cupful of sea salt, which can be bought in sacks, or common table salt, in two gallons of water, and bathe the child, being careful that the salt water does not get into his eyes.

If the baby "sniffles," and breathes with its mouth open, do not regard the matter lightly as a "summer cold." Catarrh is securing a grip on the child's system. Syringe the little nose night and morning with a glass syringe with a small rubber tip. Use one of the antiseptic solutions or tablets dissolved in tepid water, which your druggist will recommend, or make this solution: Half a teaspoonful of boric acid, one ounce of glycerine, and eight ounces of water. In administering the douche, remember how you take it yourself. Bend the child's head forward and syringe first one nostril and then the other very gently. If the child passes mucus in the bowels, administer a teaspoonful of castor oil occasionally, that is about twice a week. This will carry off the mucus which the child is not strong

THE MISSOURI GIRL

The Missouri Girl, which comes to the Opera House July 10, 11 and 12, produces more genuine hearty laughter than any comedy yet written.

In connection with a strong and interesting plot, it contains the most ludicrous situations ever conceived. The company presenting the play is fully capable of extracting this fun and dealing it out to the public in a most satisfactory manner.

DISAPPOINTED.

Some of these June brides are regular Junos.—Boston Globe.

How'd you know how the "regular" Juno looked?—Newburyport News.

We've seen her picture.—Boston Globe.

But no June bride we have ever seen looked like the pictures of Juno that have passed within the range of our observation.—Portsmouth Chronicle.

The country and the summer are the place and time to study the flora of the land; but go to Washington in the winter if you would study the fawner.

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