

# CANNING HELPS.

The Department of Agriculture Tells Us How to Preserve.

## THE WAYS TO SAVE SUGAR.

**Fruits Put Up Without Sirup Do Not Retain Their Color Well, but They Are Excellent For Sauces, Salads and Desserts That Are Sweet Enough.**

In these days of high prices, with sugar foremost on the aviation list, many housewives have taken serious thought as to the advisability of putting up less fruit than usual.

This is a pity, because home canned fruit is not only safe and sure, but most delicious. It need not be as rich as preserves. In fact, many epicures regard fruit as refreshing in exact proportion to the smallness of the amount of sugar used to preserve.

Fruit for use in pie or salads or its stewed fruit can be put up or canned without the use of any sugar at all. The canning specialists of the department of agriculture advise the housewives when ordering to economize on sugar, have been thinking of reducing the amount of fruit they put up to can as much of this quantity as possible by the use of boiling water when sugar strips are used.

Any fruit, say the specialists, may be successfully sterilized and retained in the pack by simply adding boiling water instead of the hot sirup.

The use of sugar of course is desirable in the canning of all kinds of fruits and makes a better and ready sweetened product. Moreover, most of the fruits when entered in water alone do not retain their natural flavor, texture and color as well as fruit put up in sirup. Fruit canned without sugar to be used for sauces or desserts must be sweetened.

Can the product the same day it is picked.

Cull, stem or seed and clean the fruit by placing it in a strainer and pouring water over it until it is clean.

Place the fruit in glass jars or tin cans until they are full, using the handle of a tablespoon, wooden tangle or table knife for packing purposes.

Four or five cups of boiling water from a kettle, plus rubbers and caps in position, partially seal if using glass jars; seal completely if using tin cans.

Place the containers in a sterilizing vat, such as a wash boiler with false bottom, or other receptacle improvised for this purpose.

If using a hot water bath unit process for thirty minutes, commencing time after the water has reached the boiling point. The water must cover the highest jar in the container.

After sterilizing remove packs, seal glass jars, wrap in paper to prevent bleeding and store in a dark, cool place.

If you are canning in tin cans it will improve the product to plunge the cans quickly into cold water immediately after sterilization.

When using a steam pressure canner instead of the hot water bath, sterilize for ten minutes with five pounds of steam pressure. Never allow the pressure to go over ten pounds.

## HER PLAY HAT.

**What Ten-year-olds Need Just to Romp In.**

With a navy blue chin-ribbon and well tailored crown this navy velvet poke, a fall grown and brim rolled up.



DONOTHY'S COMFORT

In the back. All the trimming is three rows of narrow black grosgrain ribbon and three tomato red, fruity pieces on the left side.

**A Fringed Centerpiece.** A rather novel idea for a large centerpiece is to use instead of scallops a narrow lace insertion on the edge, and finish this with a plain fringe instead of the usual lace edging. It is much prettier than one would expect.

The centerpiece should be larger than twenty-eight inches, for if smaller a number of little plaits would have to be made on the inner edge of the insertion to make it fit around the centerpiece. The lace should be a coarse cloth, not necessarily expensive, for many of the imitations that are machine made are quite pretty.

A narrow fringe as plain as possible is best to use. Frequently where the lace joins the materials and also where the lace and fringe meet a line of colored stitching is used.

## FALL'S HABIT.

What Horsewomen Will Wear on the Bridle Path.

Black worsted smartly tailored gives this elegant outfit. Three bone buttons close the coat which has a notice.



OUR DEB INDEED

regulation cut Velours tricore, gaiter for gloves, ascot tie and Russian calf boots are all correctly worn.

## LIBRARY FURNISHINGS.

**A Five-Piece Set That You Can Make at Home.**

An interesting use of some of the many materials which one encounters in the search for library fixtures is shown in a set of five articles, all for the library, and which when separated will not give that tired look of having everything put together.

First of all there is a pillow. It may be square, oblong, round or oval. The material if of some soft silk is slipped on cords and caught in the middle under a covered button. A bit of plain material of an appealing hue from the costume of a mature woman may be substituted for the middle instead of the button.

Next there is a runner for the library or living room table. This is very plain, with ends braided or showing set on pieces of the plain or figured material, as the case may be.

A cover for the telephone book is another member of the set. It is lined with the contrasting material and well made with either buckram or light pasteboard foundation to give a real support to the paper covered book. A bright cord is substituted for the usual cord of the telephone book and passed through eyelets in the cover.

With the telephone goes a screen of archaic covered with one selected material as lined with the contrasting one. The screen is threefold, and the middle portion is higher than the side wings.

A portfolio for the desk uses more of the material. It too can be made from a lightweight cardboard and is lined with contrasting material. On one flap a corner of the outer covering holds a blotter of the lining color in place. On the other flap is a pocket for note paper, postal's telegraph blanks, stamps, etc.

With the exception of the pillow this set might be used in the hall to introduce a note of bright color for it is the set's own to provide your hall with a table desk and telephone stand.

## Uses For Glycerin.

Ten stains on linen should be rubbed with glycerin before the article is laundered to prevent the yellow discoloration.

Glycerin should be added to hot lemonade in place of sugar for a cold it makes the remedy more efficacious. When black kid gloves become shabby rub them with equal parts of glycerin and black ink. This is a good dressing for black leather of any sort. Wet shoes rubbed with this are not so hard when dried as if allowed to dry first. Fill shoes with paper to absorb some of the dampness and to help them keep their shape.

Use a few drops of glycerin and a small lump of borax to a quart of water when wiping off paint or oilcloth if you wish to have the polish of new articles.

## A New Brim Line.

There is a strong tendency toward the front flare in the new transparent and felt hats. While this brim line is not becoming to many faces it can be so arranged that the flare comes at one side or tip tilted. A bit of soft fringed braid or a twist of silk help also to relieve the severity.

# FOR YOUNG FOLKS

Sleepy Time Story That Is Instructive and Entertaining.

## FISH THAT BUILDS A NEST.

**Remarkable Little Creature That Displays Great Ingenuity in Constructing a Home For Its Offspring—Eat Neighbors' Babies—A Cornfield Lady.**

Tonight, said Uncle Ben, I am going to tell you about

### FATHER STICKLEBACK.

"What do you think of a fish that builds a nest?" asked Uncle Ben.

"A nest down in the water?" echoed little Ned and Polly Ann.

"Yes," replied Uncle Ben, "a nest that looks very much like the nests the birds build in the tree tops."

"The fish is named the stickleback. The father fish builds the nest and takes care of the little ones."

"The fish does not live in the nest but the young fish live in it with the father fish." Uncle Ben said.

The nest has two doors and they open in such a direction that the ocean current passes through them, not so of building against the tidal waves of the nest and forcing them down as it might do in the open.

The gobs with which the fish glue together the parts of the nest is spun out of its body just as the spider spins out the silk for its web.

Mrs. Stickleback is a great mother. After she leaves the eggs in the nest, she goes swimming off and never looks back about the little fishes.

Father Stickleback, who has built the nest, watches over it till the little ones come out of the eggs. Then he guards them until they are old enough to take care of themselves.

"It must be a fine thing to see him swimming about with his little ones looking about him. If any strange fish comes to bother them, Father Stickleback flies at him in a fine rage and is apt to go hard with the one who makes the trouble. For sticklebacks are fine fighters. They have a row of sharp spines on their backs, and with these they can rip and tear their enemies severely."

"Although so kind to their own young ones, the sticklebacks are not so good to the young of other fishes. Indeed it is said that it is their weakness for making a meal of their neighbors' babies that has made them so detested by the other fishes in the water."

There is one family of sticklebacks that live in the ocean and they make their nests of seaweeds gummed together with a sticky thread which the fish supplies.

There are other sticklebacks that live in fresh water and their nests are made of small sticks and twigs which they push together in the river bottom and are glued together by means of the sticky liquid which the fish provides.

The openings in the nest are always turned the same way that the water runs, so that it may sweep through instead of against the sides of the nest.

## In the Cornfield.

All summer long the little girl in the picture has been watching the corn grow. Now that it is taller than her self and about ripe she likes to hide away in the golden forest. Soon the harvesters will come and cut the corn.



Photo by American Press Association

### THE HARVEST SPRITE.

Following stalks and the field will be bare. Probably she will regret to see her playground thus despoiled, but there will come another year, and again the corn will grow green and then yellow and finally once more the harvesters will gather the grain.

### Busy Little Mothers.

We're kept busy, goodness knows, washing careless dollies' clothes!

We're kept busy when we're through mending them as good as new.

And even then they will wear out. No matter how we twist about.

Indeed we fear quite soon 'tis so Shopping we will have to go—  
—Philadelphia Record.

## BEAUTIFUL LINES.

Correct Suit For the Juvenile's Town Wear.

Plum colored broadcloth cut with a full, straight skirt and a long coat of pointed back and front is featured.



SATISFIED

Futness is thrown over the hips, and two novelty buttons close the waist line. The banding is a heavy velvet in imitation fur.

## STAPLE FALL COLORS.

**What Shade to Pick For Your New Warm Suit.**

Broadcloths and velours will come first in fall street fabrics, and then serges and poplins. Plain stuffs will take the place of stripes, and staple colors will be more used than unusual ones, although there will be some dark-toned stripes and perhaps somber plaids. It will be what manufacturers call a "plain season" which may be the natural reaction from the stripes and checks, the plaids and ruffles and the bright sports colors of the spring and summer. And the staple colors in this case, it is believed, will include light blue, mottled green, plum, taupe, white, gray, brown, burgundy, navy blue and black.

The poplins and gaberdines will be used for suits of the early fall before broad cloth is needed for its warmth and general look of winter, although medium weight broad cloth with a high button is right for the warmer weather. There will be some coverts, and headie coats too.

Cashmere velours will be used for both skirts and coats as well as for sport skirts. And since sport clothes are as much in demand in fall and winter as in summer and since this is the best sport material for cold weather, the dark colors of the other material will not entirely hold good for velours.

**How to Recoup.**  
Curdled Custard—Suppose your bottle of custard curdles. Try putting it in a very cold basin and beating it briskly. Another plan is to add a teaspoonful of corn flour mixed to a paste with water. Cook this for a few minutes, then strain the thickened custard into a glass dish.

**To Thicken Batter.** In mixing any pudding made with batter you may add too much liquid if you are in a hurry. If your batter is too thin, thick it with white breadcrumbs.

When cream doesn't whip stand it where it will get very cold, then add to it the white of an egg and beat them together thoroughly. If mayonnaise curdles put the yolk of an egg into a very cold basin and add the curdled sauce drop by drop, stirring steadily all the time.

**Beading in Colors.**  
Beading to match and contrast with the bright colors of wool and silk jerseys suits is the latest fad. Conventional designs, old fashioned sampler patterns and stiff square or circle enclosed flowers are chosen for the beading which appears on the left side of the coat, at the sash ends and on the pockets of coats and skirts alike.

**Fur Trimmings.**  
More fur trimmings than ever is the outlook for fall. The favorite trimming furs are silver dyed rabbit, mole skin, Hudson seal and raccoon. Instead of the high funnel collar on coats, the deep sailor collar which can be held close to the neck with a strap will take its place.

**Their Lett!**  
With woman it is a struggle to provide something for the comfort of the inner man, and with man it is an endless effort to provide for the outer woman.

## JABOT FADS.

Their Softening Effect Around the Face is a Beautifier.

"Nothing adds so much to a woman's youth and good looks," says a fashion expert, "as a soft fall of lace below the chin. Women of all ages have recognized it, and men in different periods have not scorned the lace jabot to add to their own charms."

"This may be a prejudiced view, but it is true, and it is also certain that there are to be many soft things in nets and laces to be worn, and buyers are ordering them in large quantities for their different houses."

Fur and laces together, and with the deep fur collars that are to be worn on all kinds of coats fastened high in the neck when they are closed, but turned well back from the throat when they are open, the lace is almost indispensable. The material used are many and varied. There are, fine nylons and lawns, silk nets and nets of other kinds, fine nets and those with a coarser mesh, nets with small over patterns and nets with lace borders made in single and double frills and falling straight or with drop corners to give the effect of points, to agree with the many pointed effects that are seen on gowns and coats and wraps. The lace crupper is also much used.

Sty and satins will be combined with the softer materials. The smart black stock will appear with its fall of lace above, and possibly a little white above to soften the effect near the face. There are a few wires necessary to hold the stock in place, but the general effect is of the softest.

Deep collars of all kinds are among the things the shops are displaying and they are in many styles with summer ones for the woman who can not wear a broad collar. They like the stocks are of all the thin washable materials with fully edged of different kinds, ruffles or flutings.

White broadcloth is a smart material for wraps with wool gowns, and in a deep collar, is simple and rich combined with satin, heavy lace and made in simple lines.

## BUSY POLITICIAN.

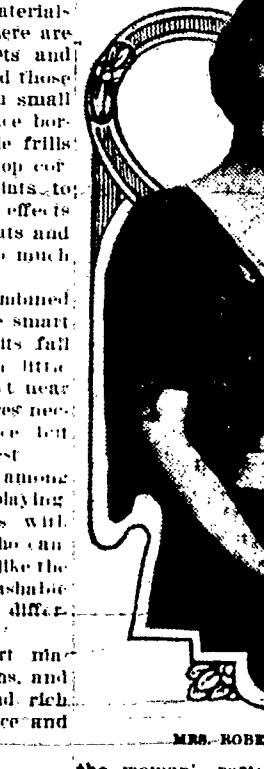
A Washingtonian Takes Up the Challenge and Enters Lists.

### CONGRESSIONAL UNION ACTIVE

**Woman's Suffrage Has Organized Strong Committees For Work This Fall—More Co-operation Needed to Get the Amendment Put Across.**

Mrs. Robert Baker of Washington comes of a long line of army and navy ancestors. She is going to Illinois to organize for the woman's party.

Mrs. O. H. P. Belmont, in charge of raising the large campaign fund for



MRS. ROBERT BAKER

the woman's party, is busy at work completing the fund and has adopted as her motto, "A thousand dollars a day from now until election day."

Both the Republican and Democratic parties are now fully alive to the importance of the woman's vote in the west and realize that it may spell defeat or victory at the polls in November, according to Mrs. Baker, press chairman of the Congressional Union For Woman Suffrage and the woman's party, who returned to Washington recently after having been in New York conferring with political leaders of the national parties.

"The leaders of the national parties are now coming to us and consulting as to the western women's vote," said Mrs. Baker. "Just as a man would go to a specialist if he were sick. We are specialists on the woman's vote problem and know how to diagnose the case. For the last three years or more we have been studying it. We know, therefore, what its strength amounts to and what can and will be done with it in the coming election. We have been working among the woman voters for the last three years and the Congressional union, of which the woman's party is an outgrowth, is the only national organization which has been doing such work."

### Brocades For Autumn.

Sartorial history repeats itself constantly. Satins and brocades, which have their respective periods of popularity, are no more a mode. For the autumn beautiful brocades in self tone and in metal-effects are to be extremely popular, the entire leaning in the selection of silks being for those of high luster, the satin surface weaves taking precedence over corded silks. The fabrics showing some "body" will generally be preferred to the softer ones for fall and winter wear, especially when selected for daytime or actual service garments.

Serge, gabardine, broadcloth and tricote are fabrics that will be greatly favored in the development of the popular coat dresses, and quite the smartest frocks will employ one of the wool fabrics mentioned, combined with satin in their makeup. A touch of bright silk or bead embroidery is a favorite trimming addition.

**Scalloped Cabbage.**  
Boil the cabbage in water for about five minutes, adding a pinch of soda. Drain thoroughly and place cabbage in clear water until tender. Chop the drained cabbage and place a layer of it in a porcelain dish. Cover with sauce made of a cupful milk, two tablespoonfuls butter, two tablespoonfuls flour and seasoning to taste. Cover the first layer of cabbage with sauce and sprinkle with grated cheese. Repeat until the materials are all used. Sprinkle the top with paprika, grated cheese and breadcrumbs with dots of butter. Bake the scalloped-cabbage until brown. The cheese may be omitted if not liked.

**To Keep Suet.**  
Take out any skin there may be and then put the suet in a saucepan and place on a warm but not hot fire and let it melt gradually. When quite melted pour it into a pan of cold water. When quite hard wipe it dry, wrap it in white paper, and when wanted for use it may be rubbed on a grater.

**To Purify Sinks and Drains.**  
To one pound of common copperas add one gallon of boiling water and use when dissolved. The copperas is deadly poison and should always be carefully labeled. This is one of the best possible cleansers for pipes, closets and drains.

**For the Bath.**  
This is a fine mixture for the bath. It is sweet and refreshing to the body. Four pounds of the oatmeal, two quarts of clean bran, one and one-half pounds of powdered almond root, one and one-half pounds of almond meal, one pound of white castile soap, powdered and dried; three ounces of primrose sachet. Instead of placing in cheese cloth bags, which is a wasteful way of using the delightful meal, sprinkle a little of the mixture on the moistened wash cloth.

This recipe, if rubbed well into the body, acts like magic. It certainly is simple and well worth trying. Mix a tablespoonful of lavender pure with several times the amount of pure olive oil. Apply a little at a time and rub it well into the body with the entire hand, using a rotary motion. Keep the body warm while taking the treatment.

**Gas Saved.**  
In order to economize gas, roast a small joint of meat over a gas ring instead of lighting the oven to do it. Well grease a saucepan or casserole, put the meat into it with plenty of extra dripping, so that there shall be no risk of burning, put it over a gas jet turned very low and let it cook. Turn and baste the meat often, and it gets beautifully brown.