

About the House

Why Preserves Spoil.

Some of the causes of failure in home canning are:

First, not sterilizing the jars, lids and rubbers. To sterilize, the jars and the lids must be placed in a large boiler or cooking utensil, covered with cold water and brought to boil; boiled three minutes and then the jars are lifted out, drained and the vegetable or fruit is packed. Then the jar is filled with boiling water for the vegetables or a syrup for the fruit. The rubber and lid are placed in position and partially tightened; then proceed according to directions. Jar rubbers are sterilized by placing them in a saucepan and pouring boiling water over them, then letting the rubbers stand in this water for five minutes; the rubbers will have also the advantage of being soft enough to slip over the top of the jars easily.

Second, the lids of the jars used in canning and preserving are very important. Old and worn lids are useless, as are those that have their edges forced out of shape when trying to open a sealed jar. Lids that have porcelain lining with cracks or that are loose are useless and might just as well be thrown away before they cause the contents of the jar to spoil. Another point to be remembered is that when an acid like vinegar is used in spicing and pickling this acid is liable to work between the porcelain cap and its metal holder and set up a decomposition that may prove very dangerous.

Cheap Cuts of Beef.

The cheaper cuts of meat are unquestionably as nutritious as the more expensive cuts, only they require slower cooking with moisture. The neck pieces of beef furnish steaks. Hamburger steak (small steaks) and roasts of good flavor are obtained from the chuck ribs. A portion from the back of the forequarter is chosen for a pot-roast. This will include some of the vertebrae, which can go to the soup kettle. The cut from the underside of the neck, often called the sticking piece, can be used for braising or can be cooked in hot water, seasoned highly and served with tomato sauce. Then there is a piece for corning which joins the sticking piece and contains the thin flat ends of the chuck and prime ribs.

The hindquarters contain the best known and most expensive cuts.

The round is divided into three cuts, the upper being the most expensive.

The loin is good for braising or casserole use. The first three slices on the vein or muscle on the front part of the leg make a very good steak, or the whole makes an economical roast.

Meat should be roasted, skewered or tied in compact form, and should rest skin side down on a rack in a dripping pan. Dredge with flour and sear over the outside in a hot oven. After this add salt and pepper and dripping from it. Cook at a low temperature and baste frequently. Ribs may be roasted just as they are or boned and rolled. Only the first five ribs of the forequarter are suitable for this purpose.

To roast a cheap cut of meat, rub salt well into the meat, place in a crock, cover, place over a slow fire. When taken out it will be brown and more tender than if roasted in an oven; also, it will have a nice gravy when thickened. Do not put any water on the meat. Meat cooked this way is exceedingly tender and palatable.

Nutritious Combinations.

Numerous palatable combinations of two or more food materials which can be prepared by the housewife with but little trouble are suggested by food specialists.

The following are some of the suggestions:

Boiled rice scrambled with eggs, served with a succulent vegetable, such as stewed tomatoes, canned corn, green peas or beans, and bread and butter, and nuts and raisins or other dried fruits.

Green peas and canned salmon with white (thickened milk) sauce, served with corn bread and syrup.

Meat pie (meat from inexpensive cuts), or fish pie with flour or potato crust, served with turnips, carrots, onions or parsnips, and biscuits and butter, with jam or jelly, or hot chocolate.

Mashed potato, with creamed codfish (cream sauce, containing a little salt codfish), served with lettuce, with oil and vinegar or lemon juice dressing.

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ing, and crackers and cheese or peanut butter sandwiches.

Meat stew (inexpensive cuts or leftovers), with turnips or other vegetables, including leftovers, and with rice in the stew or flour or cornmeal dumplings; or, fish chowder, made from fresh, canned or dried fish; crackers, skim milk and onion, served with bread and butter and fresh or stewed fruit.

Boiled dinner (corned beef or corned mutton, cooked with fresh vegetables, as potatoes, turnips, carrots, etc.), served with bread and butter and apple or other fruit and bread crumb pudding.

Cowpeas boiled with pork and combined with boiled rice, served with a green vegetable or vegetable salad, and honey, brown sugar, maple sugar or date sandwiches.

Beans baked with pork or bacon, served with Boston brown bread and butter, and tart apple sauce and cookies.

Hot Weather Hints.

Keep the flies away from the sick, especially those ill with contagious diseases. Kill every fly that strays into the house. His body is covered with disease germs.

Do not allow decaying material of any sort to accumulate on or near your premises.

All refuse which tends in any way to fermentation, such as bedding, straw, paper-waste and vegetable matter, should be disposed of or covered with lime or kerosene oil. Screen all food. Keep all receptacles for garbage carefully covered and the cans cleaned or sprinkled with oil or lime. Keep all stable manure in vault or pit, screened or sprinkled with lime, oil or other cheap preparation. See that your sewerage system is in good order; that it does not leak, is up-to-date and not exposed to flies. Pour kerosene into the drains. Cover food after a meal; burn or bury all table refuse. Screen all food exposed for sale. Screen all windows and doors, especially the kitchen and dining-room. Don't forget, if you see flies, their breeding place is in near-by filth. It may be behind the door, under the table or in the cuspidor.

If there is no dirt and filth there will be few flies.

HARBORING A TRAMP.

Not the Tramp's Fault That Experiment Was Never Again Made.

"So Charlie puts you off when you ask him to do odd jobs around the house?" said Mrs. Dill to her daughter-in-law. "Well, I'm not surprised. He gets that straight from his father. Why don't you tell him that, if he doesn't do better, you'll be harboring a tramp some day, just the same as his mother did once? He'll know what you mean."

"I was all out of patience that morning," Mother Dill continued.

"There were things in the garden and about the house to be done, and I begged Pa to give me a few hours. But he had so many irons in the fire that he simply couldn't stop to potter at home."

"He had scarcely got out of sight when a tramp appeared at the door. He had the usual story—out of money and out of work; and could I give him something to eat."

"Well," says I, "there's one thing I am not out of, and that is work. I can give you some of that first, and afterwards a breakfast."

"I expected him to mutter something and march off. But he didn't. He said, 'All right, mum!' And when I came to get a second look at him, I thought he had a much better face than most of his kind. So I trusted him for his breakfast, and after he had eaten a good meal—and he had a hearty appetite, I can tell you—we went to the garden."

"I don't know when I had so enjoyed myself. The man knew how to take orders, and he was real sociable, too, and told me the story of his life, not sparing himself in the least. He said that he was brought up well, and that he was tired of the life he had been leading and wanted to go back to his home."

"It was noon before I knew it, and of course I wouldn't send him off without his dinner. Then while I was talking with him at dinner I found that he was handy with tools; so I had him make over the grapevine trellis and mend the back steps and putty up some of the windows and put up some shelves in one of the closets."

"Along toward night he said he guessed he would have to be moving; so I put him up a lunch and paid him fifty cents, and told him always to think of me as a friend."

"He hadn't much more than got out of the yard when Pa drove in. I couldn't wait for him to unharness

before showing him how much a man could accomplish when he was willing to listen to reason. Pa sniffed a little, but he couldn't find a word of fault to say until I took him up to the clothes closet to see the new shelves. Then he made a dive for the pocket of a vest of his that hung there and roared out:

"Did you leave that fellow here alone?"

"Only for a minute," says I, kind of scared.

"That's what comes of harboring a tramp," says Pa. "My wallet is gone, and your day's work has cost me about forty dollars."

"My heart was right in my mouth, but I kept a stiff upper lip. 'Well,' says I, 'perhaps if you'd spend a little time fixing things up in the beginning it would save you money in the end.'"

"He made no answer, but said he'd start right on after the fellow, and maybe catch him and jail him. Among Pa's irons in the fire was being deputy sheriff. I went along to identify. The man hadn't much of a start, and we soon caught him hurrying along through a piece of woods."

"Hi, there!" Pa yelled, and the tramp stopped right in his tracks, waiting for us to come up. As Pa jumped out of the wagon he clapped his hand into his inside pocket, and the look on his face fairly scared me. Then he walked right up to the poor fellow and laid his hand on his shoulder.

"You the chap that worked for my wife to-day?" says Pa.

"Yes, sir," says the tramp, taking off his cap to me as polite as you please.

"Paid you fifty cents, did she?" says Pa.

"Yes, sir," says he.

"Well," says Pa, "that was a ridiculous price for what you did; here's a two-dollar bill. And see here," says Pa, "if you are in earnest about wanting to work, come back to my house in the morning and I'll try to find you a job."

"Then after a few more words, he got into the wagon and we turned round."

"Why didn't you arrest that man for stealing?" says I when we were out of earshot.

"Well," says he, "I know a thief when I see him, and he isn't one."

"But I wasn't going to be put off by any such palaver as that."

"Where did you get that two dollars you paid him?" says I. "Out of the wallet that you missed?"

"Then Pa owned up, although he hated to. He had felt that wallet in his vest pocket just as he jumped out of the wagon. He'd been carrying it all day, supposing he had left it at home."

"Well, the man—Duggan, his name was—did come round the next morning, and got his job. He kept at it, steady as a mill, too, until he had saved up money enough to go back home. So my harboring a tramp turned out pretty well that time, although I never have tried it since. For one thing, I have never seen another tramp that resembled Duggan; and then, Pa is a grain better than he used to be about jobbing round home."

The weather which has prevailed over the whole of Europe for several months has been almost everywhere unfavorable for the crops, and many farmers have been prevented by the adverse conditions from making progress with their plowing and spring sowing.

Doctors and Eye Specialists Agree That Bon-Opto Strengthens Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Dr. Beck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic conjunctivitis and epiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

HOW TO LEARN TO SWIM.

Now that the bathing season is near every boy and girl in the city has an ambition to learn to swim. The following hints from an aquatic expert may be found useful.

Two summers ago, Vera Stedman, the well-known actress, couldn't swim a stroke, now she is one of the most wonderful girl divers and swimmers in the United States. She has attracted attention from athletes all over the country.

Miss Stedman has an easy explanation for her extraordinary rapid progress.

"Most girls—and men, too—make the big mistake of learning to swim with the breast stroke. I can't imagine why such a stroke is ever taught for any reason. It crooks back your neck like a horse with a tight check-rein; you can't make any progress; when you bring up your legs to kick, you lose all the impetus you gained."

There is only one real stroke worth while in swimming—that is the American crawl. Years ago this used to be regarded only as a stroke for finished swimmers and even then only to be used for short distance swimming; but athletes have now learned that it is a good long distance and any purpose stroke. It is the first stroke I learned.

"The way I began was down at the beach. I used to see the boys swimming around and they were all swimming the crawl stroke. I didn't know any other way, so I learned from watching them. The first stroke I ever took in the water was with the crawl and I was a good swimmer before I ever learned any other way. Of course, I can swim dozens of strokes now, but I learned them all after the stroke that is popularly supposed to be the post-graduate course in swimming."

"The funny part is that the crawl is the most natural and the simplest method."

"You must naturally reach out and claw the water in toward you the way animals swim. The only thing that is a little puzzling at first is the management of your feet. You don't kick as with other strokes. You just keep your legs straight out and wobble your feet up and down a little—straight up and down in the water. Your feet probably help you a little



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in making progress, but the main purpose in the foot motion is to keep your feet and legs near on the surface of the water. The motion is accomplished with your hands.

"One of the best ways to learn to swim is to hold on to a boat or a piece of a wharf with your hands while you learn to paddle with your feet. One good method is to get a surf board and hold yourself up with that while you learn to use your feet."

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10,000 Farmers Advise You To Use



not only because it is a really good disinfectant, but also because it has the advantage, possessed by no other, of drying white—not dark or colorless.

Use Carbola just as you would any disinfectant. It will paint your poultry houses, stables, pigsties, cellars, etc., whiter than whitewash, and at the same time disinfect them as thoroughly as if you used a solution of carbolic acid 3 times stronger than the dilution ordinarily used for disinfecting purposes. And you can do this with less labor and in the same time required to whitewash or disinfect alone. Costs only 10c or less to cover 250 square feet. Carbola will not blister, flake or peel off—is neither poisonous nor caustic—will not hurt the smallest chick—harmless to man, beast or fowl—but it

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strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note! A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or mist glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores, also by G. Tamblin and T. Eaton & Co., Toronto.