

NEWS AND VIEWS FOR WOMEN READERS

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Certo is Pectin, the actual "jell" property extracted from fruit. Contains no gelatine or preservative.

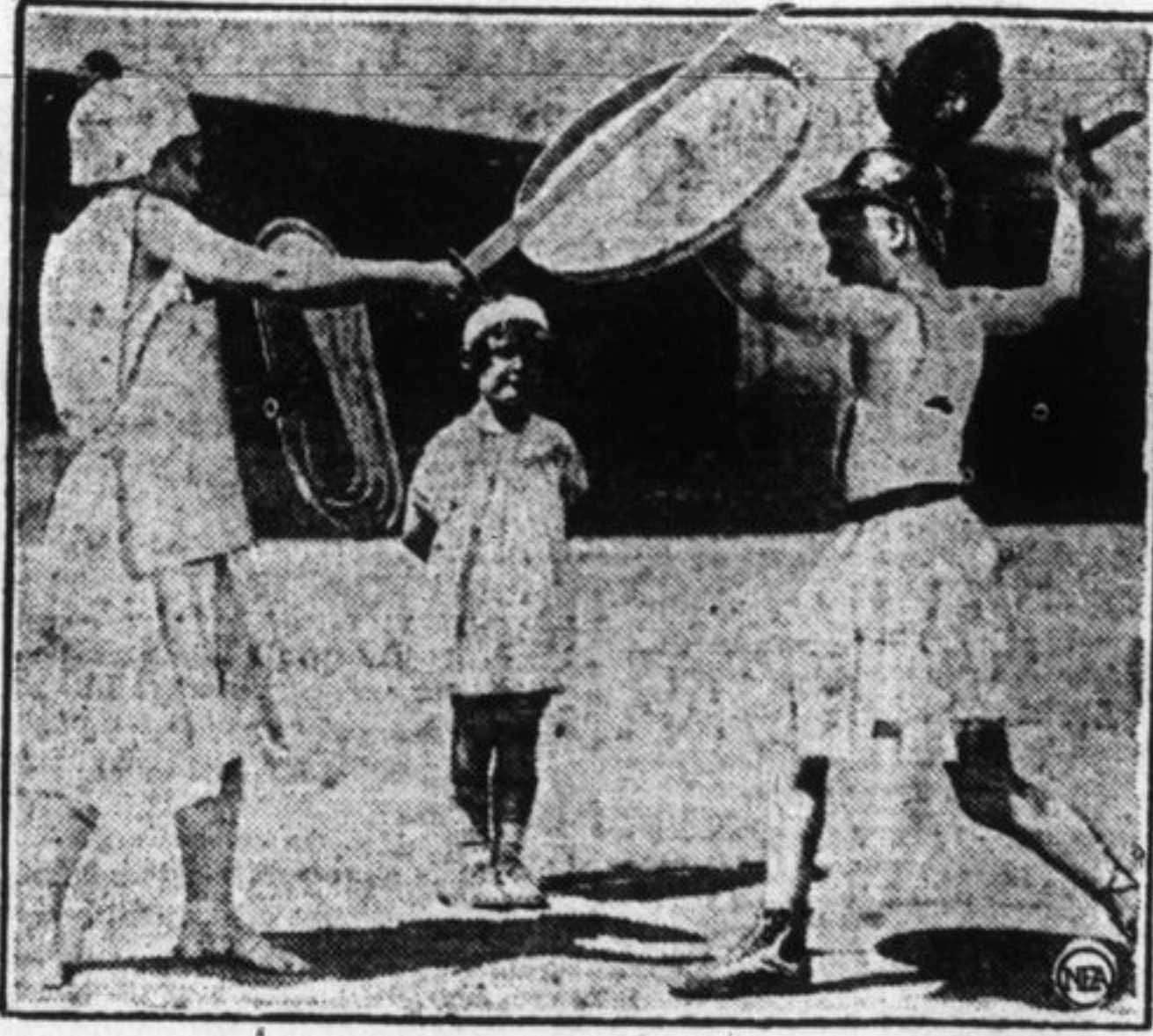
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Certo is pure pectin extracted from fruits

THEY LIKE HISTORY CLASS!



"Then up rose brave Horatius." Part of the Oakland (Cal.) schools' historical course is the enactment of various scenes by the pupils. Here is a lesson in Roman history. Horatius is defying the passing of the traitor, Sextus. And back of them stands "Public Opinion."

Efficient Housekeeping by Laura A. Kirkman

TOMORROW'S MENU Breakfast Grapefruit Cereal Creamed Dried Beef Coffee Toast Luncheon Baked Ham-Potato Dish Wholewheat Bread Lettuce Prunes Dinner Veal Cutlets Potatoes Steamed in Skins Carrots String Beans Coffee Lemon Gelatine

Canning Your Peas. Peas belong to that quartette of vegetables (the other three being corn, beans and asparagus) which are better canned by the Intermittent Cold Pack Method rather than the One-Period Cold Pack Method. Use only fresh, young ones. Do not let them stand long after shelling. Sort them over, putting peas of the same size together. Hard, ripe peas should never be put with very tender ones because the very young peas require only about two minutes of blanching, while the old ones may need 15 or 20.

three minutes for the small ones and eight minutes for the larger. This boiling blanching-water should contain one teaspoon of baking soda to every gallon. Cold-dip the blanched peas by lowering them into cold water which contains one tablespoon of salt to every gallon, and let them remain in this salty water from 20 to 30 seconds. Then drain, pack in hot sterilized jars (not packing the jars too full, as that causes peas to burst and makes cloudy liquor) and one and one-half teaspoons of salt and sugar (mixed) to every quart-size jar, and fill with boiling water to jar-top. Put on new rubber sterilized glass caps, and place top wire up but do not press down side wire.

By this Intermittent Method the jar of peas is boiled (or "processed") in the wash-boiler canner for one hour on three successive days in water to cover jar. During each of these three boiling periods the top wire is up over the glass cap, but the side wire is not pressed down; at the end of each boiling period, the jar is completely sealed—that is, the side wire is pressed down—and the jar is taken from the wash-boiler and allowed to stand overnight in ordinary room-temperature. In the morning the side wire is raised so that the jar may be processed as before. After the third processing, the side wire is, of course, pressed down permanently. The jar is then inverted to test for leaks, labelled and stored. It may seem a nuisance to the housekeeper to use the Intermittent Method rather than the One-Period Method. Indeed many housewives have perfect success in canning their peas with the One-Period method. But the three days of processing represents the safest way. And, after all, it's success in canning we are aiming at, no matter what amount of labor that success costs. Tomorrow—The Two-Piece Bed Set.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question. Be sure to us: YOUR full name, street number, and the names of your city and state.

REMOVING TO KINGSTON.

Edward Clark and Family, Odessa, Leave the Farm.

Odessa, June 2.—A baby boy arrived last week to make his home with Mr. and Mrs. Kelly Hagerman. Eddie Clark and family left last Tuesday to make their home in Kingston. Mr. Clark found it necessary to retire from his farm owing to poor health and their many friends will miss them very much and wish them happiness in their new home.

Mrs. George Stagg and little daughters, Helen and Jean, and Miss Margaret Hunt, Kingston, are guests of Mrs. Stagg's father, Sidney Silver. Charley Emmons and friend, Mr. Brown, Watertown, N.Y., are guests of the former's parents, Mr. and Mrs. B. Emmons.

Feltzer Burgess, Rutland, Vermont, is spending a few holidays with his parents, Mr. and Mrs. Ralph Burgess. Burton Babcock, Watertown, N.Y., is visiting his parents, Mr. and Mrs. George Babcock. Mr. and Mrs. Leo Badore and three children and Mrs. J. P. Gleason, Napanee, were guests of Mr. and Mrs. B. L. King last Sunday.

Mrs. (Dr.) H. E. Day, Kingston, spent a few days last week with her mother, Mrs. Charles Timmerman. Mr. and Mrs. James Hogle, Yarker, spent Sunday guests of Mr. and Mrs. H. J. Smith. Mr. and Mrs. Rastus Smith, Mr. and Mrs. Ernest Moles and two sons; also Mr. Moles' brother, Mr. Moles, Brockville, were Sunday guests of Mrs. Smith's sister,

1,700 calories per pound

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