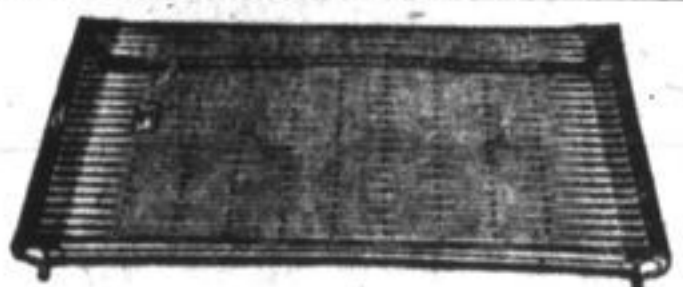


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Soviet is said to plan revival of Russian metal industry by attracting private capital. Richard Worth, London horticulturist, says flowers become sea sick like humans.

Efficient Housekeeping
 by Laura A. Kirkman

TOMORROW'S MENU
 Breakfast
 Sauce for Dried Peaches
 Cereal
 Creamed Dried Beef
 Muffins Coffee
 Luncheon
 Egg Salad
 Wholewheat Bread
 Radishes
 Jam Tea
 Dinner
 Veal Cutlet
 Brown Gravy
 Potatoes Steamed in Skins
 Spinach
 Lettuce French Dressing
 Raisin Pie Coffee

Canning Asparagus in Your Wash Boiler.
 Last week I wrote about canning asparagus in a pressure canner. To

PRIMA DONNA



Sixty years ago Ivah Moore, 82 last of a long line of Chaldeans headed her own South American Grand Opera Company. Now she is selling papers on the streets of San Diego, Calif., believing that "fate" is directing her life.

day's chat is for the woman who cannot afford to buy a pressure canner and must do her canning in her wash-boiler.

Asparagus is one of the four vegetables which are most difficult to can (the other three being peas, corn and beans—both string and lima). The following directions are based on the assumption that the altitude of the housekeeper's location is below 1,000 feet; women living in altitudes above 1,000 feet, should increase the time of processing at the rate of ten per cent. for each additional 500 feet (when using this water-bath method).

For the four most difficult vegetables to can, I recommend the following Intermittent, or Three-Period Method by which the jars are processed for one hour on three successive days rather than being processed all on one day.

Begin by washing young stalks, drain, and tie them in small bunches. Hold lower ends in boiling water two or three minutes, then submerge the entire bunch in the same water for an instant, and pack the stalks into hot glass jars at once (omitting the old "cold-dipping" process. U. S. Government experts now point out that the heat penetrates to the centre of the jar more quickly, after the jar has been put into the wash-boiler, if the product was packed hot, not cold; for this same reason—heat penetrating to the centre—it is wise to use the smaller, pint-size jars rather than the quart-size).

I assume that you have sterilized the jars, previously, by boiling them, empty, in water to cover, for 15 minutes. Put on new rubbers, and sterilized glass caps, after you have packed the jars with the stalks added one teaspoon of salt, and filled the jar to within one fourth inch of top with boiling water (use the water in which the bunches were boiled). Next, put top wire up but do not press down side wire. Stand jar in your wash boiler, on rack, in boiling water and let water boil around and over it, for one hour; remove, press down side wire, and let stand in room-temperature overnight. In the morning process it for another exactly as before, after raising side wire; again press down the wire and let stand overnight. The third day repeat the process, and store after pressing down side wire for the third and last time.

Tomorrow—Summer Household Pests.

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 use YOUR full name, street number, and the name of your city and state.

R. W. Pollock, manager of Consolidated Rubber Company of Winnipeg, was arrested on theft charge. Three hundred relatives attended funeral of Thos. Wells, chief of Stanley Gypsies, at Paterson, N.J. Viscount Milner is one of fifty-two victims of sleeping sickness stricken in England last week. "Dry" agents found 400 quarts of Canadian Club whiskey in house raided at Oklahoma City, Okla.

Plantol Soap

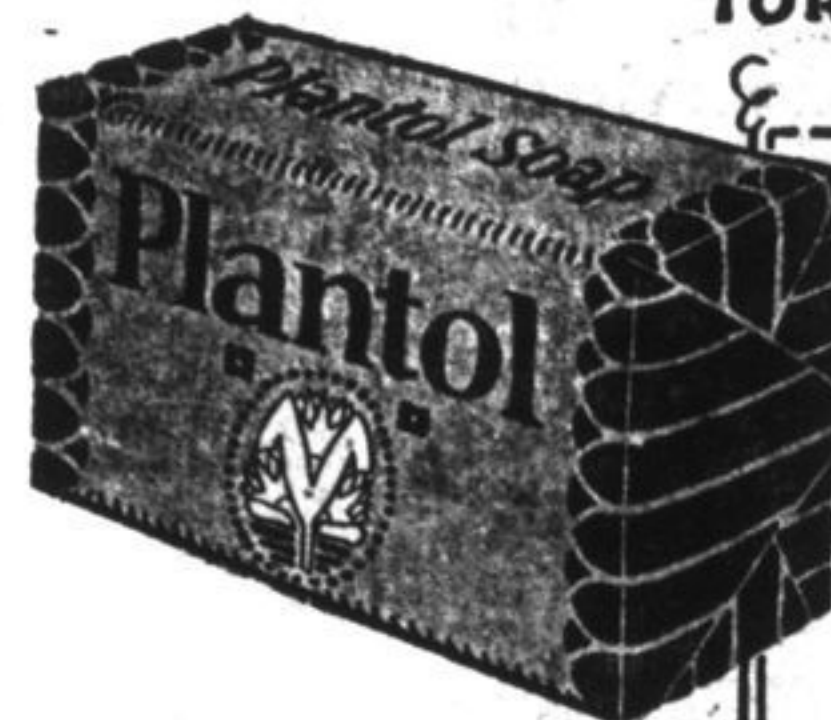


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RECEIVED AT SPANISH COURT.



Mrs. Reginald Vanderbilt was one of a party received at a recent levee held by the Spanish rulers. Mrs. Vanderbilt is shown in the costume obligatory on all attending court functions.

Detroit policeman shot himself in jaw when revolver dropped as he was dressing for church. Fug for hand-painted slippers in England is attributed to preference for them by Duchess of York. Quebec has raised royalty on otter skins from \$150 to \$2.

Sixty-eight thousand arrests for violation of the national prohibition law were made in the United States in 1924. C. R. Das, Sivrajist leader, succeeds in placating angry followers at Bengal Provincial Congress at Calcutta.

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