GOOD FRUITS FOR PRESERVES AND APPROVED PRESERVING METHODS

Not a Difficult Process and the Fruit Keeps Better Than When the Ordinary Canning Process Is Used.

Packing Jams in the Home.

(Prepared Specially by the United States Department of Agriculture.)

The fruits which are so plentiful in many parts of the country this season may be saved by preserving as well as by canning. Preserves and similar products differ from canned fruit in that much larger proportions of sugar are used in preparing them, in that they are cooked longer, and in that special sterilization in containers is not necessary in all cases. Because of this many of these products may be packed in larg-necked bottles and glasses, and sealed with cork, paraffin, etc. Tight-sealing jars thus may be used for canning.

Preserves, jams, marmalades, etc., differ among themselves in the proportion of sugar used, the degree of cooking employed, and the consistency of the finished product. Though less economical to prepare than canned fruit because of the relatively large amounts of sugar used, preserves and similar preparations furnish a variety in the ways of putting up fruits and make valuable additions to the winter ration of sweet foods.

Sirups in Preserving.

When preserves are properly made the fruit keeps its form, is plump, tender, clear, and of good color, the surrounding sirup being also clear and of proper density. In making preserves the object is to have the fruit permeated with the sirup and this can be accomplished only by careful procedure. In order to prevent shrinkage it is necessary to put fruit at first into thin sirup and increase its density slowly by boiling the fruit in the sirup or by alternately cooking and allowing the product to stand immersed in the sirup. If at any time the fruit shrivels or wrinkles the sirup should be made less dense by the addition of water.

To make these sirups boil sugar and water together in the proportion given below until sugar is dissolved. Strain all impurities out of the sirup before using:

Sirup No. 1—Fourteen ounces sugar to one gallon water.

Sirup No. 2—One pound, 14 ounces sugar to one gallon water.

Sirup No. 3—Three pounds nine ounces sugar to one gallon water.

Sirup No. 4—Five pounds, eight ounces sugar to one gallon water.

Sirup No. 5—Six pounds, 13 ounces sugar to one gallon water.

If no scales are available, the amounts of sugar may be approximated by measuring, using one pint for each pound and 16 tablespoonfuls to the half-pint. For the recipes which follow all measurements are level and the standard measuring cup holding half-pint is used.

For fruits like peaches, pears, watermelon rind, etc., preserving should be begun in sirup not heavier than No. 1. Juicy fruits like berries can be put at the beginning into a heavier sirup, about No. 4, because the abundant juice of the fruit quickly reduces the density of the sirup before shrinking can take place. When the preserves are finished and ready for packing, the density of the sirup should have reached that of No. 4 or No. 5. Sirup made with very acid fruits can be made heavier than pure sugar sirups without danger of crystallization because the acid inverts some of the sugar, changing it to a form which cooking will not crystallize readily.

Cooking.—Since long cooking injures the color and flavor of fruits, it is desirable to cook delicate fruits such as berries for as short a time as possible. Cooling rapidly after cooking gives preserves a better color and flavor than can be secured when they are packed hot. Standing immersed in sirup after cooking also helps to plump them. If berry preserves are covered for a brief time before removing from fire and the vessel left covered while cooling, the product will be more plump.

For cooling, shallow enamel trays or pans are desirable. Tin is not desirable because fruits will discolor in it. Pack preserves cold, bring the sirup in which they have stood to boiling, test by observing thickness when poured from a spoon, and if of proper density pour over the packed preserves, paddling with thin wooden paddle or knife blade to remove all air bubbles. If not of the right density for packing, the sirup must be concentrated by boiling. To seal properly and to insure safety from mold it is desirable that all preserves be processed. Tight-sealing jars must be used, therefore, for these products. Since they can be sterilized below the boiling point, processing at simmering (89 degrees C.) for 30 minutes is preferable to boiling, because this temperature will give better color.

The general directions given may be applied to practically any fruit to make preserves. For additional convenience, however, the following specific recipes are given for products most likely to be abundant during the remainder of the season.

Watermelon Preserves.—Cut one pound watermelon rind into inch squares. Allow to stand overnight in clear water. Drain and cover with about No. 3 sirup (2 cupfuls sugar to 1 quart water. Boil for 25 minutes. Let stand overnight immersed in sirup. Next morning add juice of half lemon and three slices of lemon additional for each pound. Cook until transparent (about one hour). Let stand until cold. Pack, add the sirup, garnishing with slices of lemon, cap, and process.

Gingered Watermelon Rind.—To each pound of rind cut into 1-inch squares, add two quarts of water and one ounce slaked lime. Let stand in lime water overnight. Next morning drain and let stand one to two hours in fresh, cold water. Drain well and boil rapidly in strong ginger tea (one ounce ginger to one quart water) for 15 minutes. Drain, put into No. 3 sirup made by using one pint strained ginger tea with one quart water and one and a half pounds of sugar. Cook until tender and transparent (about one and a half hours). After boiling a half-hour add half a lemon sliced thin. Place in shallow pans to cool, having the rind well covered with sirup. When cool arrange pieces attractively in jars, cover to overflowing with sirup. Cap, clamp, and process.

The density of the packing sirup for preserved and gingered watermelon rind (also figs and peaches) should be between that of No. 5 and No. 6.

Peach Preserves.—Boil three pounds sugar and three quarts water together until sugar is dissolved. Strain out all impurities. Have four pounds peaches well sorted so that all are sound and firm. Peel the fruit after immersing for about one minute (or until the skin slips off easily) into boiling water—then into cold. If desired, cut the fruit into halves, or thinner crescent-shaped slices. Add the peaches to the sirup and cook until clear and transparent. Remove fruit to shallow tray, cover with sirup and let stand over night to plump.

Pack the preserves in sterilized jars, cover to overflowing with sirup, which should be further reduced by boiling if not thick enough. Adjust lid and rubber and process.

Tomato Preserves.—Make a sirup, using two cupfuls sugar and three cupfuls water; add one lemon sliced thinly, six inches of stick cinnamon, and let boil 15 minutes; then add one pound of small "yellow plums" or "egg tomatoes," which have been pricked with a coarse needle or scalded and skinned, let simmer until tomatoes are clear. Remove tomatoes and spread out in a tray. Cook sirup until proper consistency, pour over the tomatoes and allow to stand over night. Next morning pack into small jars, pour sirup over them, partly seal, and process pint jars 15 minutes.

Fruit Pastes.—Fruit pastes consist of boiled-down fruit pulp with sugar added according to the acidity of the fruit, and are improved in flavor if several varieties of fruit are mixed. After the fruit paste is made (see recipes), it can be colored red, yellow or green with harmless vegetable colors. The coloring is stirred into the boiling mass after removing from the fire. Different flavors also can be added at this stage if desired. The paste is poured up in a half-inch layer on flat dishes, marble, or glass slabs, which are first rubbed with a cloth dipped in a good salad oil. The dishes are then exposed to draft for a couple of days, after which the paste is cut into figures. If the paste is well boiled down it is dried more easily. The paste can be cut with a common knife or with a fluted vegetable knife, or it can be cut in round cakes, the center of which is again cut with a smaller circular cutter. The cut paste is placed on paper, sprinkled with crystallized sugar or common granulated sugar.

A Tangled Path

By Victor Redcliffe

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Barton Gray stood like a being stunned by a vivid shock. Slowly the color faded from his face, his eyes quivered as though the power of will, hope and courage had utterly deserted him. At his feet lay an envelope. Crushed in his hand was a written sheet, throttled by the delicate, yet sinewy fingers, as though it were a deadly serpent.

"It has come!" he gasped. "After all the years!"

He straightened out and reread the fatal screed. It was a mere scrawl, crude, unformed, misspelled: "I knew you in your Canadian prison," ran the substance of the missive. "I have looked you up, and wonder at your audacity in keeping the old name. See that you are candidate for mayor of Lyndon. When my messenger comes again have the first thousand of five ready, or I expose you."

The messenger—Gray had barely noticed her—a flaunting, bold-faced girl with all the freshness of girlishness gone. Her breath reeked of liquor. She had been insolent, sneering, defiant. "I'd advise you to pay up," she said. "We need the money, and you had better spare it." Then she had vanished, while he was taking in the import of the dreadful screed.

Life, honor, love, happiness seemed fading away from him. After five years, from a remote corner of far Canada, a nemesis had crossed his path. The past had arisen to confront him in the guise of a blackmailer. What mattered the personality? The glaring, devastating fact was there, to be bruited about at random, to overtake him, to wrest him from a high, honorable position, to drag him through the mire of popular scorn.

He had deemed himself safe from that obscure past. He had dared to win a proud public position. The morrow was election day at Lyndon, 50 miles away. His election was certain. And was Elita, peerless, loyal Elita Pearce, his fiancee? Ah, there was the most cruel feature of this distracting

Doctor Everett Stood Like One Spellbound.

crisis. Suddenly the impulse overcame him to hasten after the messenger, to learn the identity of the author of the direful threat, but, although he threaded the streets surrounding the hotel where he was temporarily a guest, he found no trace of the slatternly girl who had seemingly brought him his doom.

Then with set lips and grim, bloodless face, Barton Gray wandered aimlessly on and on, thinking, thinking, thinking! There was one way out—only one way. To pay the first price of freedom to a human harpy, was to place a millstone about his neck that would inevitably crush him and the dear ones time might group about. No, he would suffer alone—and now!

Abruptly turning a street corner into a wretched thoroughfare, Gray halted and stared at a reeling, reckless being, the center of a tormenting, derisive mob. In a flash he recognized the girl who had acted as the messenger for his persecutors. She had apparently consumed additional liquor after delivering her message. Her condition made her a buffet and plaything for the idle group about her. Twice they pushed her into the gutter. They encouraged her strident oratory, they tore her garments, jostled her, and some one had sent for a policeman and Gray noticed him approaching from a distance.

A sorrow-eyed woman stood in her doorway regarding the scene with sad and tear-stained face. Gray swept aside the crowd. He seized the girl by the arm and led her to the doorway where the woman stood.

"Save this poor creature from that crowd and the police," he said rapidly. "Give her shelter till she is in her right mind again, and I will pay you for the trouble."

"I'll do it without pay," sobbed the woman, "but it will do no good. I had a daughter who went that way, and nothing could stop her. I'll do as you wish, though."

She helped Gray get the girl into the house and to a couch. Gray insisted on giving her money. She halted him as he was about to depart with the words: "If you please, sir, leave your name. If any trouble comes of this, your story might help me out of it."

Gray penciled his name and hotel address on a card, and went his way. The crowd had dispersed, and the policeman was not in sight. Gray had done an act of kindness he could not resist in the natural goodness of his heart. He returned to his room at the hotel, sat down at a table and marked out the course he would now pursue.

He had come to Paxton on business, and his closest friend, a young physician named Lysle Everett, had accompanied him. The latter had gone farther down the road, but had arranged to join Gray at his hotel at eight o'clock that evening and return with him to Lyndon.

At the time appointed Doctor Everett entered the hotel and the room occupied by Gray. He was startled to find the latter, his face buried in his arms, outstretched across the table and apparently asleep. He had been writing, and two telegrams ready to send lay upon the table. One was to Miss Pearce and it read: "I shall never return to Lyndon. Think the best of me that you can." The other was to the mayoralty campaign committee at Lyndon, and read: "Appoint a new mayoralty candidate at once. I positively refuse to accept the office."

Doctor Everett stood like one spellbound. He could not figure out the situation coherently. The wildest theories filled his mind. Had Gray become overcome with drink, or insanity? He roused up his friend, shocked at the ghastly face revealed. Only one point would Gray discuss—his resolve to send the telegrams and disappear.

"Why?" came the challenging demand, but there was no reply or explanation.

"All right," finally spoke Everett, a firm, reflective expression in his eyes. At all hazards he must prevent his friend from sending those telegrams, which he believed were inspired by a passing mental aberration. "Your nerves are all upset. I will give you a strengthening draught and stay with you to the last minute I can spare."

Ten minutes later Barton Gray was under the influence of a powerful opiate. The doctor destroyed the telegrams. He employed two stalwart men to watch Gray through the night and the next day, leaving further doses of the medicine to keep him in a state of insensibility.

It was nearly midnight of that second day when Gray awoke. The doctor had burst into the room. He was joyous and excited.

"Elected by the biggest majority ever given in Lyndon!" he announced in a kind of cheer.

Gray stared at him vaguely. Just then there was an interruption. Someone knocked at the door. The woman he had hired to care for the forlorn girl appeared.

"Oh, sir!" she said, "that girl! I got her to her home. On the way, telling her of your rare kindness, she broke down under it and made me wait until she sent a message to you. I promised to bring it," and the speaker presented an envelope.

The bewildered Gray opened it. There was a sheet which bore the record of "Barton Gray" in a Canadian prison. There was a note from the girl. "You will never be troubled again. Because you were kind to me, weary of life, I have solved the problem for my uncle, myself and those who schemed to blackmail you."

"That isn't all," continued the old woman. "The girl and three others were found dead from poison late this afternoon."

The problem was, indeed, solved, but not wholly, for Gray was innocent, though he would never have tried to prove it. His dearest friend it was who had used his name to screen his own, and who had undergone the prison sentence. Redeemed now, occupying a high position, Gray had been willing to sacrifice his own happiness to protect him.

And amid his later life of uninterrupted felicity, Barton Gray was always saddened when he thought of the wild, wayward girl who had cleared up for him his tangled path of life.

The Art of Being Happy.

Some people seem to think that happiness is a thing that you can get hold of and keep as if it were a possession or a quality of character. In reality you have to work for it and you have to keep on working. Teach yourself to respond to everything lovely or cheerful, to see beauty, to enjoy the society of your fellow men, to delight in work and to be enthusiastic in play. Teach yourself interest in the struggles and hopes of others—the sort of interest that is of use, that is a help, says an exchange.

Learn to enjoy the many little things that turn up day by day. Make the most of your own mind, your own capacities. Don't sit around, pondering whether you are happy or not, whether or not life is worth living.

Live it thoroughly, keep awake to all the wonder of it, and you will be happy without knowing it, at first, until you have gone along far enough to realize what happiness is.

Raw Eggs Keep Longest.

Raw eggs keep good much longer than cooked eggs, even when these are hard boiled. This was proved by Dr. Lean Lindet, a member of the Paris Counseil d'Hygiene, after many French soldiers had reported that the hard-boiled eggs they received from home had gone bad, while the raw eggs remained edible for weeks. Doctor Lindet explains this fact by saying that the boiling makes the inner membrane pervious to gases, liquids and microbes, and the white of the egg becomes an agglomeration of coagulated albumen and particles of a serum that is an ideal medium in which microbes thrive.

It Wasn't His Fault.

One youngster in school had delivered a severe kick in the stomach to another lad. When taken to task as to why he had struck his playmate there, he said: "I didn't mean to hit him there, but he turned around just in time."

Handing Him One.

Pedestrian—Hey, you! Do you know you dropped a brick that almost hit me on the head?

Workman—All right. Yees kin have it. Ol've got lots more av'em.—Judge.

HOME TOWN HELPS

CITY PLANNING FOR FRANCE

Some Good to Result From Destruction of Towns by Bombardment of the German Armies.

There is no great loss, according to homely philosophy, without some slight gain. Great disasters often lead to better conditions. The old fable of the phoenix rising from its ashes is essentially true.

France is to profit by the ruin of so many of her cities. So her people have decreed. When the German armies are driven from her soil, her maimed towns are to be rebuilt. But they will not be reconstructed along former lines. The narrow streets will not be restored. The buildings centuries old, picturesque, perhaps, but scarcely sanitary, will not be restored. Reims and other bombarded cities are to be rebuilt according to the latest plans of experts in city planning. They are to be models on which cities untouched by German cannonades will look with envy.

But that is not all. France has decided that she cannot afford in future to allow towns and cities to grow up in the old haphazard way. A law has been adopted which compels every municipality to organize a planning commission, which will decide on its future growth. Every improvement will have to conform to the city plan, whether it is made in newly developed territory, or replaces a construction of long standing. Paris, having outgrown the Haussmann plans, has organized a bureau which will care not only for the city, but for the whole metropolitan area.

INDIVIDUAL CUPS FOR HORSES.

This is one of a number of drinking fountains for horses, with individual cups, erected by the Pennsylvania Society for the Prevention of Cruelty to animals.

TRACTORS ARE USED BY CITY

Buffalo Declared to Have Best Garbage Collection System by Boston Investigating Committee.

Buffalo has the best new garbage collection plan according to three engineers that Mayor Curley of Boston sent to other cities to find out which had the best one in operation. The engineer's report describes the Buffalo system briefly as follows:

"The city is divided into districts of such size that four horse-drawn vehicles will handle the garbage, ashes or refuse, picking it up from the houses. These four vehicles after filling are pulled to a central point from which a tractor takes them on the long haul to the reduction plant, or dump, as the case may be. In this way the short haul with frequent stops is taken care of by horses, while for the long haul the tractor is used taking several trailers. Care in routing vehicles would be necessary to get full advantage of the tractors and keep them constantly working. These tractors cost about $5,000 apiece and the trailers about $1,500. For a city of the size of Boston the first expense for this scheme might be $250,000, and considerably study would be required to assure its economy."

Garbage Dumps Unsanitary.

Not a few cities dump their garbage upon plots of land located usually in outskirts of the city. This is not disposal at all, but simply the placing or removal of filth from one locality to another. One health authority has this to say in regard to dumping garbage on the outskirts:

"Whole groups of zymotic diseases are traceable to ground conditions. When, as in some parts, soils are composed of an accumulation of decaying matters from the city, the building of houses over it may conceal but cannot destroy the contamination. More or less of the foul air must find its way out of the soil and endanger the health of the people living upon it."

A Hint for Gardeners.

In city and town gardens, where the space is restricted, it is best to have the rows run the long way of the garden—north to south if possible to prevent the growing plants from shading each other and planting several kinds of similarly growing vegetables like green onions, carrots, radishes, etc., in the same row.

Cheese Mentioned in Bible.

Cheese is mentioned only three times in the Bible and on each occasion under a different name in the Hebrew (Job, 10:10; I Samuel 17:18; II Samuel, 17:29). It is difficult to decide how far these terms correspond with our notion of cheese.

Very New.

A little girl out walking with her mother saw a dog with a license tag on his collar and exclaimed: "Oh, mother, there's a new dog that they haven't taken the tag off of yet."

THE KITCHEN CABINET

Then welcome each rebuff
That turns earth's smoothness rough,
Each sting that bids not sit, nor stand but go!
Be our joys three parts pain!
Strive and hold cheap the strain,
Learn, nor account the pay, dare, never grudge the throe!

—Browning

SEASONABLE IDEAS.

One of the reasons why iced tea is so frequently strong as lye or otherwise improperly prepared is largely the lack of knowing how to get the best from the tea. To make a quart of iced tea, take three teaspoonfuls of tea and tie it in a small piece of muslin, pour over the quart of water just as it comes to the first boil; the Japanese say, "just before it boils." Cover closely, and let it stand two minutes, then remove the tea leaves, chill with chipped ice and serve with lemon quarters allowing each guest to sweeten his drink or not as it pleases him.

Cherry Jelly.—Soften a quarter of a package of gelatine in a quarter of a cupful of cold water, then add a half cupful of boiling water, a half cupful of sugar and a cupful of cherry juice. Stand the bowl in ice water and stir until it begins to be firm, then add a cupful of pitted cherries. Turn into molds and serve with whipped cream at serving time.

Fruit Puffs.—Take a cupful of flour sifted with a teaspoonful of baking powder and a quarter of a teaspoonful of salt, add a half cupful of rich milk or enough to make a drop batter, put a spoonful into small cups well greased, then drop in any fresh fruit finely chopped another spoonful of the batter and set into a pan of hot water, cover closely and cook 15 minutes. Serve with cream and sugar.

When canning any fruit or when the can is opened and some of the fruit sirup is left, this should be carefully saved and may be used as a pudding sauce, as a garnish to plain ice creams or as a basis for any number of delightful frozen dishes. A half cupful of two or three fruit sirups with a lemon or two, a pint of thin cream or rich milk will make a most tasty sherbet.

An old and most palatable dish using blueberries, either cooked or fresh is this: spread bread with butter and place in a deep baking dish, cover with hot blueberries and let stand for two hours until chilled when the bread will have absorbed the excess of juice. This is a most tasty pudding to serve children. Accompany the pudding with sugar and cream.

Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.

CUCUMBER WAYS.

The refreshing, cool cucumber, although having little nourishment, being 90 per cent water, is especially adapted for hot weather food. It is cooling to the blood and its crisp green slices are especially attractive as an appetizer. We think of the cucumber in its crisp freshness, but it lends itself to many other methods of preparation.

Japanese Method.—Cook the cucumbers whole, slit them open and serve with butter and salt. Another way: Boil the peeled cucumber in a mixture of milk and water and then dip in egg and crumbs and fry brown, or dip in a fritter batter and serve as any other fritter.

If you have not tried cream of cucumber soup there is something new in sensations coming, for it is delicious. Use two or more cupfuls of chopped cucumber cooked in a small amount of water and the water and cucumber put through a sieve, adding it to rich milk with a binding of flour and butter as usual in preparing a cream soup. A seasoning of onion is an addition if liked.

Stuffed Baked Cucumbers.—Take the largest sized cucumbers for this dish. Cut them in halves and remove the seeds, leaving a smooth cavity for the stuffing. Drop these shells into boiling water and cook for five minutes, then chill in ice water, drain and fill with a mixture of cold meat, mushrooms, hard-cooked egg, or left-over vegetables well seasoned, with sufficient butter and crumbs to make the filling of the right consistency. The halves may be tied together or baked separately, basting occasionally with hot stock, gravy or butter and water. Bake about an hour.

Stewed Cucumbers.—Peel, quarter and seed the cucumbers. Fry a little onion in butter, add the cucumbers, turning until brown on both sides. Remove and add a tablespoonful of flour to the fat in the pan and when brown add a cupful of veal or chicken stock. Season with pepper and salt, replace the cucumbers in the pan, cover and let simmer a half hour.

Cucumber Sauce for Fish.—Place a tablespoonful each of butter and chopped onion in a saucepan; when light brown remove the onion and add a tablespoonful of flour; when well mixed add three-fourths of a cupful of stock or milk, cook until smooth; add half a cupful of fresh grated cucumber, a tablespoonful of tarragon vinegar, and salt and pepper to taste.

We love characters in proportion as they are unmistakable and spontaneous. The less a man thinks or knows about his virtues the better we like him.

CANNING SUGGESTIONS.

This is the time of the year when we are planning to conserve all of the fruits of various kinds that we can afford to combine with sugar.

Orange and Quince.—Pare half a dozen quinces, remove the cores with an apple-corer and cut in thick slices crosswise. Slice two navel oranges unpeeled in the same way. Cover with boiling water and boil gently one hour. Add one pint of sugar, with more water if needed, and cook a half hour longer. This may be varied by using the quinces whole, filling the cavity from which the core was removed with orange marmalade.

Ginger Pears.—Take eight pounds of green pears, eight pounds of sugar, juice of four lemons and a fourth of a pound of green ginger root. Pare and cut the fruit in thin slices, the rind in small thin pieces. Boil slowly until thick. Seal in glasses.

Carrot Conserve.—Wash and scrape a half dozen firm, highly colored carrots and put them through the meat chopper, cutting as fine as peas. Boil for half an hour salting lightly. To each pint add two cupfuls of light, brown sugar, the juice and rind of a lemon or a sour orange. Cook slowly for one or more hours until clear and thick.

Plum Conserve.—Take three pounds of plums and equal weight of sugar. Cut the plums in pieces, add a little water, the sugar, one-third of a pound of raisins and the pulp of two oranges. Simmer one hour. Seal in glasses.

Pineapple may be combined with rhubarb to make a marmalade or preserve which is very delicious. The quantity of rhubarb is about three times that of pineapple, but owing to the strong flavor of the pine, the conserve is really pineapple. The same proportion may be used with strawberries, raspberries or other fruit that has a characteristic flavor, which overcomes the rhubarb.

Every fruit and vegetable possible should be conserved this year either by canning, drying or salting.

Life is too short to waste
In critic peep or cynic bark,
Quarrel or reprimand
'Twill soon be dark;
Up, mind thine own aim, and
God speed the mark!

WELL TRIED DISHES.

Macaroni, spaghetti and vermicelli are all most nourishing foods, and by using them we add variety to our diet.

Baked Vermicelli Pudding.—Take four heaping tablespoonfuls of vermicelli, crushed fine, four cupfuls of milk, two eggs, four tablespoonfuls of sugar, a teasponful of lemon extract, a tablespoonful of butter and a pinch of salt. Bring the milk to the boiling point, add salt and vermicelli and cook for a quarter of an hour. Butter a pudding dish, stir in the eggs into the cooled mixture, add the extract and sugar. Turn into the dish and bake until a delicate brown. Grate a little nutmeg over the top when serving.

Spaghetti and Fruit Pudding.—Take a quarter of a pound of boiled spaghetti, cut in half-inch pieces; a pint of stewed fruit or preserves, and a teaspoonful of vanilla. Place a layer of the fruit in a glass dish, then a layer of spaghetti until all is used, having the spaghetti for the top layer. Pour over a custard, made of the yolks of two eggs, a pint of milk and three tablespoonfuls of sugar, bake ten minutes, or until the custard is set, cover with a meringue, using the whites of the eggs and two tablespoonfuls of sugar with a little vanilla. Brown in the oven.

Spaghetti Timbales.—Boil a quarter of a pound of spaghetti in boiling salted water. Do not break it, but slide it gradually into the pan, holding it in the hands until it softens. Boil until tender but do not lose its shape, then drain and blanch in cold water and spread it out at full length to cool. Butter some small molds well and line them with the spaghetti, beginning at the middle of the bottom and coiling the spaghetti up the sides. Fill the centers with any desired custard and nut mixture, cover with buttered paper and steam for half an hour. Turn out and serve with tomato sauce.

Macaroni cooked and served hot with grated cheese makes a most acceptable dish to serve as a vegetable.

Nellie Maxwell

The Secret of Youth.

After all, the plain truth is that adventure consists less in the experiences one actually has than in the indefatigable expectancy with which one awaits them. Indeed, I sometimes fear that people must be divided into those who have adventures and those who appreciate them. And between the two the affinity for adventure is greater treasure than the experiencing of it. If we are possessed of the affinity, adventure itself is, at most, just round the corner from us. This opens the life of adventure to all who crave it. What possibilities lie in merely crossing a street, for example! Someone remarked the other day as he dodged among the motor-cars, "Why not take a chance now and then and lead a real life for a few minutes?" I therefore recommend the life of adventure. It conceives each day as a fresh enterprise, full of delightful possibilities and promise, and preserves the wine of life from growing flat. Here is the secret of youth.—Edgar J. Goodspeed, in the Atlantic.