

PUTTING UP FRUIT.

SOME POINTS WORTH KEEPING IN THE MEMORY.

Saving May Be Effected Through the Proper Care of Cans—Sterilization a Most Important Part of the Process.

The annually recurring problem in all well regulated households is how, when, what and how much fruit to put up—little or much—and whether to preserve or can it. The first expense of cans is considerable, but they last for years with ordinary care. With fruit in the market all the year around, the work required in the preparation of the fruit sometimes seems to cost more than it comes to.

But even with the best of markets there is a distinct place for canned fruits and preserves, especially for those who can raise their own berries. The canned fruits are excellent for pies, puddings and such things, and as but little sugar is required for them the expense seems small. If preserves are used to take the place of pies and puddings and other confections for desserts and are more highly appreciated than what they displace, no one will want to do without them.

The art in preserving and canning is connected both with the cooking and with the choice of fruit. Perfection cannot be attained unless the fruit is chosen with the most minute care. It must be at the right stage of ripeness or unripeness—just before it is perfectly ripe is best, since in all soft fruits the fermentation stage follows closely upon the perfectly ripe stage—and particularly at the right stage of preservation. Decay and blemishes disqualify fruit for either preserving or canning.

The subject of sterilization of cans—complete, effective and unquestionably thorough—has received so much attention and so much has been written upon the subject that a housewife has only herself to blame if her fruits ferment or mold. Heat is the sterilizer and it must be applied in sufficient amounts and at the beginning of the process of canning. The surest method of sterilizing all utensils is to put them in cold water, bring it to a boil and let it boil for 15 minutes.

Corks and cans and rubbers must be perfect as well as perfectly sterilized. If anything is to go in bottles and be corked it is poor economy to buy cheap corks. No paraffine or anything but the densest wax will keep what is put up from fermenting from "spouting through the rotten corks." Often not an inch of liquid will be left in a quart bottle when this happens.

To keep the air out of jars it is best to fill them to the running over line. Every destructive agent has presumably been killed by heat and no space should be left for others to get in.

Sugar increases the nutritive value of fruit, but too large a quantity spoils the flavor and makes it less easily digested, so that the rule of "pound for pound" needs to be applied with variations from canning with no sugar at all—as when berries are to be used for cooking purposes—or about one-fourth sugar—to preserving with half and half or something short of that. Miss Parloa says: "In the case of most fruits canning with a little sugar is to be preferred to preserving with a large quantity of sugar. There are, however, some fruits that are good only when preserved with a good deal of sugar. Of course such preparations of fruit are desirable only for occasional use."

Cherry and Currant Marmalade.

Stone six pounds large ripe cherries and put into a preserving kettle. Simmer gently until reduced one-half, stirring often to prevent sticking. Put half the pits in a wooden bowl and mash with a pestle or stone. Add two pounds currants and mash also, then strain. Add the liquid to the cherries, cook fifteen minutes, add six pounds sugar and stir and boil until the marmalade thickens like jelly. Skim and fill small pots or glasses. A tablespoonful of kirsch or brandy may be added to this marmalade if desired.

Blueberry Rice Molds.

Boil a cup of rice in slightly salted water for 20 minutes, then add a scant pint of ripe blueberries, a cup of sugar and a little grated nutmeg; continue the cooking until the rice is tender. Remove from the fire and when nearly cold stir in a cup of whipped cream beaten with the yolk of one egg and two tablespoonfuls of chopped nut meats. Pour into cups and place on ice to harden. To serve, turn out on glass dishes and use any sauce liked.

Plum Roll.

Sift thoroughly one pint of flour, one teaspoon baking powder, and one-half teaspoon of salt. Rub one teaspoon of butter into the prepared flour and mix with milk to a soft dough. Roll out and sprinkle with one cup of raisins, seeded and chopped and one-half cup of chopped citron. Dust with cinnamon; roll up and steam for 30 minutes. Serve warm with hard sauce.

Blackberry Wine.

Wash the berries and to every gallon allow three quarters of water. Cook and strain. Allow to each gallon of the mixture 2½ pounds white sugar. Let stand 48 hours in a large tub, stirring once a day and skimming off all the impurities that rise to the surface. Put into a cask not quite full and close. Bung and seal.

FROZEN SALADS FOR LUNCH

Cool Dainties Not Freakish and Are Inexpensive and Always Palatable.

A "frozen salad" is not a freak in cookery, neither is it an expensive luxury. It is merely the latest and most appetizing way to serve vegetables in very hot weather.

A mayonnaise jelly, a chilled aspic or a sherbet of vegetable juices justifies the name, but in no way indicates the tempting qualities of these eccentrically named delicacies.

A mayonnaise jelly may be served with any frozen salad. Mixed with cubes of celery, cucumbers or any cold cooked vegetables, it may be moulded in forms or cups and served on lettuce; or it may be used to garnish any ordinary soft salad.

To make mayonnaise beat one egg, season it to taste with salt and pepper, mix with half a cup of olive oil, one-eighth teaspoon of mustard, and one teaspoon of granulated gelatin in cold water, dissolve it in hot, and mix with the mayonnaise; harden in a shallow pan and cut in fancy shapes or chill in moulds of fancy form.

For a frozen tomato salad, stew one quart of tomatoes with a slice of onion or any seasoning preferred, and strain when cold. Add a few drops of lemon and vinegar and freeze like a sherbet. Prepare the hearts of lettuce, arrange on a salad plate and serve with cones of the frozen tomato.

For a frozen cheese salad strain one jar of pressed curdants to remove the seeds. Mix with cream cheese to the consistency of a smooth thin custard. Freeze and serve upon lettuce garnished with rings cut from olives.

Black Walnut Catsup.

Prick and lay in brine for two weeks as for pickle, exchanging the brine three times a week. Every other day drain the salt and water from the nuts; put them into a wooden tray and pound with a potato beetle into small pieces. Return to the brine. When the two weeks are up you should have—when the brine is drained off—a fine black paste. Have ready this pickle: For each quart of the nut paste allow a cupful of vinegar and the same of strong brine, a tablespoonful of sugar, a teaspoonful each of onion juice and grated horseradish, two teaspoonfuls each of ground cloves and mace and a tablespoonful each of ground ginger and black pepper. Mix all well together and put over the fire. Cook steadily, stirring often, for two hours. Run through a sieve, cool and bottle. Seal with beeswax and resin.

This catsup will be ready for use in six weeks, and will keep for ten years in a dark, cool place.

Peaches in Turkish Mode.

Peaches cooked in Turkish fashion are served with boiled rice. Peel the peaches by plunging them in boiling water, then remove the stone through slit in one side, without injuring the shape of the peach. Fill hollows with seeded raisins and arrange in baking dish; sprinkle liberally with sugar and set in hot oven 20 minutes. Have ready a dish lined with boiled rice. Spread over it peaches, and serve with dressing made of coconut milk thickened with cornstarch and sweetened with granulated sugar.

To Keep Milk and Butter.

Place butter in a bowl or small jar and cover with a saucer; set this and the bottle of milk in a rather deep pan and pour in enough cold water to half fill the pan, then fold a linen towel or piece of tablecloth twice, dip in cold water, and spread dripping wet over the bottle and bowl, with the edges of cloth in the water. Set the pan where the air can circulate. The milk will keep sweet all day and the butter will be nice when wanted even in the hottest weather.

Washing Crepe de Chine.

Washing crepe de chine is no more difficult than to wash a frock of colored muslin. If tepid water and good soap are used with care it will come from the laundry as triumphantly as a piece of white linen. Do not let it lie in the water longer than is absolutely necessary, rinse thoroughly, and when half dry press on the wrong side with a medium hot iron. If of a delicate color the garment must be dried in a shady place after pressing.

Sweet Omelets.

Sweet omelets are varieties of plain omelet in which sugar is used instead of salt and pepper and in which the fillings and garnishings consists of sweets, equally appropriate for any meal and a grand resource as emergency desserts. With a simple sweet omelet as the basis any material at hand may be used, so its possibilities are practically without limit.

Watermelon Sweet Pickles.

Layer of grape leaves, layer of rind; sprinkle teaspoonful of alum, cover with water, and let simmer on stove until clear. Set aside to cool. To one pound of rind take one pound of sugar, one-half pint vinegar, six cloves, four sticks of cinnamon, and a small piece of white ginger root. Boil rind and sirup 30 minutes and can while hot.

Date Cream.

Date cream is easily prepared and highly recommended for children. Remove the stones from the dates, cut them rather fine and put them into a glass dish. Cover with stiffly beaten cream and place the dish near the ice for 30 minutes.

SENSATIONAL PLAYER OF THE GIANTS



First Baseman Merkle.

Manager McGraw of the New York Giants has always expressed confidence in the ability of First Baseman Merkle to play first class baseball. The judgment of the scrappy little manager has been more than vindicated by the playing of Merkle so far this season. His batting and fielding have been far beyond the expectations of the New York "fans."

ALTHOUGH it takes four men to make an infield and only three for an outfield there are more good infielders than outfielders. It seems to be easier to find four infielders who as a group measure up to standard than to find three such outfielders on one club. True, the infielders have more chance to show what they can do, but the line work in the outfield, such as throwing and cutting off the long hits, doesn't appear even relatively as often as fancy infield work.

There are only three outfielders in the big leagues which for ground covering, throwing and speed in getting after long hits rate up to A1 grade. These are the Detroit, Chicago National and Pittsburgh outfielders. Notwithstanding Pittsburgh's bumps this year Clarke, Leach and Wilson are three sweet gardeners. Hoffman, Schulte and Sheekers are an outfield hard to improve on, while Cobb and Crawford are pippins with either McIntyre or Jones in left classy enough to fit in nicely. Lewis, Hooper and Speaker of the Red Sox make a pretty nice outfield and one likely to get better.

The best infield in the country is that of the Athletics—Davis, Collins, Barry and Baker. It can hit, run bases, and on defense is nearer to air tight than any other present-day quartet. Stahl, Gardner, Wagner and Lord are a fast four, without the class at all corners of the Athletics. Chance, Evers, Tinker and Steinfeldt make a strong cordon, but one which has a shade less of the fire of youth of the Athletic four. Merkle, Doyle, Bridwell and Devlin are a combination not as evenly balanced in ground covering ability as could be wished, the greater ability being on the left side.

The New York Americans' infield is also out of balance, having a preponderance of ability of the right side. Cincinnati's infield is well balanced, and so is that of the Phillies. Pittsburgh's always has lacked finish at first base, but a hummer otherwise. Cleveland's is stronger in the middle than on the extremities. Brooklyn's is not fast individually, lacks stability as a whole, but is likely to improve. Breannah has a tidy infield and one that can cover lots of ground from first to short inclusive.

Take any of the present infielders and they do not outshine bygone infielders of the Tenney-Lowe-Long-Collins standard or of the Doyle-Reitz-Jennings-McGraw standard. But then those two were in a class by themselves in their day. As a whole the infielders of the present rate up as high now as then. Were there, one 12-club league nowadays it is probable that more high-class infielders could be put together than were found 15 years ago.

The old question of numbering the players on the field so that they can be picked out by reference to the score card has come up again. Some fans want this system introduced, claiming that it would add to the pleasure of witnessing a contest to be able to glance at a huge number on the back or chest of an athlete and then refer to a card and pick out his name.

There is no chance, though, of any such method being introduced. It would be a bit of humiliation to the players

to have to wear such pictures on their many forms, which is entirely unnecessary. To be sure, a fan who is not personally familiar with all the athletes sometimes has to ask his neighbor the identity of certain players, but that is a small matter.

With jockeys and bicycle riders the case is very different. The former ride in all kinds of weather conditions and very often it is utterly impossible to recognize the boys in a big field unless they are provided with a large identification slip in the form of a number on their backs. The same is true of bicycle riders. But the ball player is different. His calling is a higher one than either of the others. His personality is more evident to the spectators than that of the jockey or a man humped over a machine. He is an individual, not a piece of machinery. He is not a driver of a horse or of an automobile, but an artist in his way. It would be as foolish to compel him to wear a huge disfiguring number on his back as it would be to inflict the same necessity upon a star actor or singer.

It doesn't hurt anyone to ask his neighbor a question as to a player or two, if he is watching a game in a foreign city, where he is not familiar with all the athletes.



Pitcher Krause of the Athletics may not pitch again this season. His arm has been troubling him all season. Two specialists examined his arm the other day and said that he would have to rest up or he might never pitch again. Manager Mack told the youngster to go home and take a complete rest.

Uncle Ben Shibe is sorry that he did not build a larger park two years ago. Shibe park is already too small to hold the crowds that want to see the Athletics every afternoon when they are at home.

Empire Walsh was attacked and severely beaten by the crowd at Zanesville, O., the other day after Lejeune made a home run and won the game at Evansville. The minor league fan hankers after excitement all the time.

There are two good Indians in the American association. Pitcher McGlynn and Pitcher Leroy are both descendants of the original inhabitants of this country and both are pitching grand ball this season.

Manager McAleer of Washington is using Lefty Lellweit on first base in place of Unghaug, who has fallen away in his batting and John Henry, the Holy Cross recruit, back of the bat.

The Cleveland team has paid \$7,000 for Outfielder Jackson of the Southern league. The youngster has been the sensation in fielding and batting all this season.

STUDY WEAK POINTS OF OPPOSING PITCHER

ROBERT WALLACE, THIRD BASEMAN OF ST. LOUIS BROWNS, SAYS FIRST STUDY WEAK POINTS OF TWIRLER OF OTHER TEAM.

BY ROBERT WALLACE. (Copyright, 1910, by Joseph B. Bowles.)

Working together for one run at a time, and hitting at the weak points in the opposing team is my idea of how to win baseball games. To me a baseball game is just like a battle. The effort should be to attempt to break the defenses some place, and then attack that broken spot. The easiest point to attack, of course, is the pitcher and every effort of a team should be concentrated to weaken the pitcher.

Knowledge of a pitcher, whether he is wild, whether he has good control, whether he fields bunts well, is essential before a game is started and the attack should be directed at the weak spot. Run bases on pitchers who do not watch the bases carefully, outguess the slow thinking pitchers, and bunt on the bad fielders. I believe in playing hard for one run early in the game, for the first run handicaps the other team and forces them to hit. The first run I think is almost half the game, and one run in the first inning usually is worth three later in the game.

It is nearly all a study of individuals, and experience helps a lot. As to third base, it is one of the most difficult positions in the field to play, and when the other team is at bat a third baseman is forced to do a lot of thinking or he will lose the game. With runners on bases the chief attack by the bunting plan is directed at third base and the baseman, playing less than 90, often only 75 feet from the batter, is in a ticklish position. He must decide whether a certain batter will bunt, or whether he will try to draw the baseman forward by pretending to bunt and then push the ball hard past him. If he decides wrong his chances of fielding a hard pushed ball while he is running forward, are slim. If he gets the ball it is because he is lucky enough to have it hit straight at him because while coming forward he is unable to change direction or to stop in time to field such a hit. A wrong guess with men on first and second usually means the loss of the game.

I know through experience what almost every batter is likely to do, but in baseball there is nothing quite so dangerous as thinking you know what a man will do because he has done



Robert Wallace.

that thing many times. He is likely to change quickly and upset everything. I watch the batters carefully, especially in situations where two or three plays are possible, and frequently can guess from the actions or position of the batter what he is going to try to do. He may hide his intentions perfectly and yet tip off his plan through his very effort to conceal it. A false position or an exaggerated show of doing one thing frequently means that the other is coming. I like to know what the pitcher is going to pitch to a batter in an important situation. It is difficult for a third baseman to get the signals because the catcher is covering up all the time in order to prevent the coaches from seeing. It is a big help to know what ball is to be served, especially if the pitcher is pitching inside or slow, and giving the batter great opportunities for pulling the ball hard over third base, as it gives a third baseman time to establish an alibi or fix up a self-defense plea.

Working with the short stop is necessary, and a third baseman and short stop must understand every instant which is to take balls hit between them, or hit slowly. A single mixup there will lose many games, and the decision must be made like a flash.

These are merely pointers which I hope may help young players who are studying the game.

Naps Give \$7,000 for "Phenom."

Outfielder Jackson, the batting and fielding sensation of the Southern league season, has been sold to the Cleveland Americans for a stated consideration of \$7,000.

OWES HER LIFE TO

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Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound, and Blood Purifier I am to-day a well woman."—Mrs. WILLIAM A. HENNS, 988 W. 21st St., Chicago, Ill.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases of any similar medicine in the country, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every such suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

MISUNDERSTOOD HIM.



"My friend," said the solemn man on the railroad train, "do you drink intoxicating liquors?"

"Sure!" cried the convivial chap. "Much obliged for the invitation. Got a flask with you?"

Less Lavish.

"I saw 'Uncle Tom's Cabin' played recently."

"So?"

"I think I'll read the book." "You may be disappointed. The book mentions only one little Eva and one Lawyer Marks."—Louisville Courier-Journal.

More Likely.

It is said that the Nicaraguans would rather fight than eat.

But don't jump at the conclusion that this is an indication of great courage.

It may mean poor cooking.

There can be no greater mistake than to suppose that the man with \$1,000,000 is a million times happier than the man with one dollar.

One of the first necessities of our life is that we grow upward like men. When we cease to aspire we descend in the scale.—Freston.

Summer Comfort.

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Served with Sugar and a little Lemon.

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