

## Woman's Sphere.

By One of the Sex.

### The Food We Eat.

#### CANNED FRUIT.

I have made a discovery. I have found a good thing, and like any other generous woman I am anxious to share the news with my friends. We have all heard of the modern way of making jelly in which the juice is boiled twenty minutes, the sugar heated in the oven, the two put together and the jelly is done. It struck me one day that if the sugar were heated for putting up any kind of fruit the dissolving process would be accomplished instantly, as is the case with the jelly. So, two or three years ago I thought I would try canning and preserving my fruit this way. It was a pronounced success. Since then others have canned my fruit until this summer. The method of canning is this: For eight quarts of sour fruit, such as red currants and gooseberries, pour a pint of boiling water in the preserve kettle, put the fruit gently in, and cook ten or fifteen minutes according to the heat of your fire, skimming meanwhile. Do not stir the fruit as it will not stick and stirring breaks it all to pieces. As soon as your fruit is in the kettle measure out two quarts of sugar if the fruit is sour, one quart for sweeter fruit as strawberries, less still for peaches and pears; put the sugar in shallow pans and put it in the oven. See that the oven is not too hot. Don't be uneasy if the sugar brown on the top and even melts a little at the side. Now when the fruit is done pour the sugar into it, and a great "sizz" will ensue as it goes in. Let it cook up one moment to make all sure; then bottle instantly. In this method the fruit will retain its form and its juices, the color will be as delicate as the flavor will be rich and fruity. If half preserve is desired, increase the amount of sugar to four quarts to the eight quarts of fruit. Richer preserve is made by taking two-thirds of sugar or even equal parts. If preserve is made in this way the juice will be of a jelly-like consistency, the fruit will retain its flavor and form, nothing will ever stick on the kettle or burn, and best of all, half an hour is all the time required for the whole job. There is another advantage I have found in this method; the fruit does not cook away as in the old-fashioned method. A friend of mine, this spring, had forty quarts of strawberries, which by natural shrinkage and the old method made but eight quarts of canned fruit. Twenty quarts put up in my way made eleven quarts, and the berries are not all settled on the top of the jar either. Stone cherries cooked in this way make the most delicious pie fruit for winter.

Great care must be used in the preparation of bottles, lids, and rubbers. Some housekeepers carelessly leave bottles dirty until time to use them. When left so I fancy the fruit is far more apt to spoil, besides the disagreeable task of having to clean them at the last moment. Lids should be examined carefully and if they are marred or look dark and stained new ones should be got. Careful women never use rubbers the second year.

Honey can be used very advantage-

ously in the place of sugar. The proportions to be used are one-half pint of honey in place of a pint of sugar. It is not so good for jelly, but still it can be used if necessary. Honey is cheaper and much more nutritious and healthful.

### The Clothes We Wear.

#### BATHING SUITS.

If there is any thing specially noticeable in eastern illustrations of women's bathing costumes this summer, it is the shortness of the skirts and the lowness of the necks. Now, no one questions the disagreeable feeling caused by heavy and voluminous clothing in the water. Especially is this the case if one is learning to swim. But I very seriously question the propriety, to say nothing of the modesty, of women going into the water with low-necked costumes and little protection in the way of clothing for the lower limbs. Some people appear to be very much shocked if they go into a gymnasium and find women clothed in a divided skirt and blouse. But such people seem to be quite willing to go into the water at our Lake resorts where there is a very mixed assembly of men, good, bad and indifferent, mostly indifferent and some decidedly bad, with little clothes on. They have small protection for the limbs, and less—when the water has once soaked their clothing—for the upper part of the body. I am sure bathing is a delightful and healthful luxury, but confess to an old-fashioned prejudice against seeing women so exposed in our public bathing resorts. Small need then to cut the neck lower and shorten the skirts. By the way, there is nothing better for bathing suits than lined Turkish toweling; and have the neck high, the sleeves at least to the elbows, and the drawers fastened below the knee, while the skirt reaches to that distance also. Next to Turkish is our own home made linsey.

#### SUMMER HATS.

The millinery of this summer shows the same, eccentric shapes and queer combinations of color that the spring developed. Large pancake hats with merely a rim underneath to set upon the head are turned up anywhere except in the front. Butterfly bows, silk covered wire, ribbon and lace form the usual garniture of these hats.

Conservative women wear modifications of the English walking hat or small close bonnet.

Violet and green still hold their own as combinations.

For children—little girls are wearing soft, silken crowns with coral lace brims. The large hats of girls are trimmed with wreaths of wild flowers.

Little boys still wear caps of all shapes, the newest being the English student cap. The naval or military cap is also becomingly worn by little boys. The wide brim straw sailor still holds its own—very sensibly too.

#### SHOES.

If there is anything aggravating to a woman with a wide foot it is to go into a shoe store nowadays. She may have worn 2's, 3's, or even 4's, double E width; but today she will have to get 5's, 6's or 7's, double E width—if she does not wish to suffer untold agony. The narrow soles and pointed toes of the present styles are very proper ac-

companiments to the senseless hoop-skirts and balloon sleeves which prevail in fashionable life. Talk about the heathen Chinese and unlighted Arabian women! I don't know what use it is to live in civilized nations as the women are living now—their bodies abused, tortured and deformed. What is the benefit of having superior brains unless they can be used to bring a superior happiness?

### Our Children.

#### SUMMER COMPLAINT.

How my heart yearns to say one word of comforting assistance to the young mother this time of year. The poor mother has within her arms the baby with that common, deadly trouble called the summer complaint. It is as common as colic, and, like that, it indicates one of two things; one is a weak condition of some part of the alimentary canal, and the other a bad supply of food. The food may be too great in quantity or it may be administered too often, or it may be of insufficient nutritive quantity. The weakness of the child's stomach or bowels may have been induced by overfeeding when it was an infant, or it may be, and often is, constitutional. Whatever the cause, let me urge upon you, dear young mother, to begin now, and practice the utmost care in the selection and administration of your food supply. If the child is nursing, and you have a sufficient supply of milk, well indeed for you and the child. If the feeding times are regular and supply not too profuse, whether the child be nursing or not, if all of these conditions are correct, then you may know the trouble is with the food itself. If you are nursing the child, find out what is in your own diet that causes the child's distress and abstain from it. A prominent physician says that potatoes and especially new potatoes are productive of fermented conditions of an infant's stomach. You should not eat meat this weather; especially should you not allow your child to taste the stuff, no matter whether he be sick or well. If the child has a looseness of the bowels which you find is hard to check, don't begin to give it medicine. Try a little restriction as to food, baths, plenty of fresh air, and above all try give it in good size doses consecrated oil. I have felt that I have not insisted enough in these papers upon the use of that which God has allowed to be prepared especially for us in times of sickness and disease. It is a most singular thing that science is discovering every day some new use for olive oil. One disease after another the oil is said to be a specific for, but the latest, to my knowledge, is, that it is a most excellent thing for any disease of the liver or digestive organs. It is perfectly harmless, says the medical fraternity, and is a superb thing for all sorts of digestive diseases. Use it in teaspoonful doses for your baby with the summer complaint, and see that it is administered with more faith in the ordinance than in the virtues of the oil itself. I know just how anxious and disturbed your heart is over your little one, and how eagerly you grasp at a straw to stop the ravages of that dreadful complaint. But don't be induced by your neighbors and friends to pour medicines down your baby's stomach. It will make him a sufferer from stomach