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FOR FEMININE READERS

The Canning of Fruits.

Canned fruits keep because the bacteria in them have been killed and others cannot enter if the air is excluded. A few kinds of bacteria can grow without oxygen. In one of these germs is sealed in the can without being destroyed by boiling, the fruit will spoil even if the jar is air-tight. Most kinds of bacteria are destroyed if kept at boiling point for 15 minutes.

Fruits put up in a large amount of sugar do not have to be sealed, but even preserves are better put in glass jars to protect from mould, which is apt to form on the top of a large open dish. Mould grows from spores which are always floating about in the air. When these small particles fall upon moist fruit they do no harm while the fruit, then at once multiply and soon cover the entire surface. Mould does not usually cause fermentation of fruits, but is the cause of decay in ripe fruit.

Jelly mould sprees fruit must be boiling and then kept in a cool, dry place, well covered.

To sterilize utensils put them in cold water and gradually bring them to boiling point, then boil 15 minutes. Sterilize the rubbers and cover the inside in the same way. They should remain in the hot water till used.

Canning should be done when the air is free from dust. All towels used, as well as the hands and clothes of the worker, should be perfectly clean.

If tin or iron utensils are used in canning the fruit will become discolored and a disagreeable flavor will be developed. The acids of the fruits act on the metal and form a poisonous combination with the fruit juices.

The ideal utensils for use in canning are enameled or porcelain lined.

Kettles for cooking fruit should be large enough to hold the fruit in a large too many layers of fruit at once.

It is of great importance in canning to have the jars, rubbers and tops in perfect condition. Never use old tops with cracked hinges or old and rubbers. Some housewives prefer the old fashioned jars that seal without rubbers.

Pint jars are more satisfactory for a small family than large ones.

A wire basket for dipping the fruit into boiling water is a convenient and convenient utensil and a pair of scales is not only convenient but economical.

All imperfect fruit should be discarded for canning. Cut out the bad spots and use the good for jelly, marmalade, etc. The flavor of fruit is not developed till it is perfectly ripe, but fermentation begins so soon after this point is reached that it is much better to use fruit a little underripe for canning.

Fruit should be canned as soon after picking as possible. If it is impossible to can it immediately it should be kept in a cool place away from the flies.

Place rubbers on the lids and cans in hot water till ready to use. Take one can at a time from the hot water and fill at once. Everything whatever used in the canning process should be thoroughly scalded, cups, spoons, forks, knives, funnels and basters. The rubbers should always be never be touched, either with the hands or a cloth after it is taken from the boiling water. Never wipe the top of the jar with a cloth after the fruit is in, but use a spoon and have bedfled full to overflowing before they are sealed.

How to can fruit in the oven. This method of canning is preferred by many, as it is thought to be easier than other methods and the fruit retains its shape better and looks much better than when the fruit is cooked with the sugar outside the can.

Put into the oven a dripping pan containing about two inches of boiling water and place in it the jars for bottle canning. Fill the hot cans with fruit and pour over the fruit boiling syrup. Run the blade of a sterilized silver knife around the inside of the jar to allow all air bubbles to come to the top. Set the jars of fruit in the oven and bake as follows: Moderate oven 15 minutes, possibly, the time depending on the fruit to be cooked. Remove and fill to overflowing with hot syrup; seal at once.—Woman's World.

Discoveries in Jelly Making.

The cause of crystallizing in jelly is due to too much sugar or too rapid boiling.

Apple jelly flavored with mint is delicious to serve with lamb.

Juice for jelly should not be stirred while boiling.

Fruit for jelly should always be gathered just after a rain.

Too long boiling changes sugar to glucose and turns the mixture into a syrup which will not jell.

Fruit Skins.

Remove the skin on large fruits for jelly making.

To Prevent Mould.

To prevent mould on preserves or jellies, put a few drops of glycerine around the edge of the jar before putting on the cover.

Summer Lunches.

A girl in a busy town who wanted to do her own housekeeping and yet leaving home, hit upon the plan of providing "summer lunches" for the many women employed as clerks and typewriters in her own city who are always hungry at noon in the heat of the day. Each morning she made a delightly buttered roll, a packet of potted meat sandwiches, a few cheese straws, and some fresh fruit, was put up in a small cardboard box, and delivered at lunch-time by an enterprising boy who was glad of the commission, also was glad enough to earn a small percentage of her sales.

For the modest sum of 15 cents her customers could obtain a pleasant little meal suitable for the hot weather, and although she had not sufficient capital to carry out her idea on a large scale the season was half over she had to engage an assistant and a regular "delivery boy." Her friend recommended her to another, and she was soon obliged to take a room in a large suburban town, and hire a cart to make some variety in her bill of fare. I need not say that she paid particular attention to the packing of each article, for on this depended much of the success of her plan.

Menu for Tuesday.

BREAKFAST.

Fruit
Creamed Dried Beef Fried Potatoes
Rolls Coffee

LUNCH.

Eggs and Mushrooms
Milk Biscuits Cocoa

DINNER.

Brown Soup
Boiled Corned Beef Mashed Potatoes
Scalloped Onions
Lima Beans, a la Poulette
Watercress French Dressing
Wafers Cheese
Peach Short Cake
Coffee

Scalloped Onions—Peel one dozen white onions of moderate size and boil in salted water for 20 minutes, changing the water two or three times, according to the delicacy of flavor desired. Prepare one cupful of white sauce, using one tablespoonful of butter, one tablespoonful of flour, one cupful and a half of milk, one-quarter of a teaspoonful of salt, one-quarter of a teaspoonful of white pepper and one cupful of milk. Drain the onions, turn them into a buttered baking dish, pour over them the white sauce and cover them with one-half cup of fine bread or cracker crumbs mixed with one teaspoonful of melted butter and a dash or salt. Bake in a hot oven until the crumbs are browned.

Lima Beans, a la Poulette—Shell sufficient young lima beans to give one pint; cover them with boiling salted water and boil for half an hour or until tender. Pour off all but about half a cupful of the water and add carefully the beans to the white sauce, heat thoroughly and add one teaspoonful of flour, mixed with a little cold milk. Cook for five minutes, then add salt and pepper to taste and 10 drops of onion juice and remove from the fire. Add the beaten yolks of two eggs, one teaspoonful of butter and one teaspoonful of chopped parsley, stir for a moment and take from the fire.

SECOND INSTITUTE IS HELD.

Harris, Clay, Penn and Portage Township Teachers Meet.

Supt. R. N. Longfield, of the county schools to-day conducted the second of the series of preliminary institutes for township school teachers. Twenty-nine instructors assembled from Penn, Harris, Clay, Portage and Portage township. The subjects in the programme, which is identical at all the preliminary institutes, consists of discussing of methods of teaching, organizing a school, preparing programmes, etc. The Harris township teachers of Liberty and Lincoln townships will meet at North Liberty. The preliminary institute will be held on Friday.

Items desiring to telephone society, personal and other news to The Tribune should call telephone No. 1111. It is best to telephone news early in the day.

LINEN COAT SUIT.

In the sketch shown is shown a beautiful white linen coat suit elaborately trimmed in eyelet embroidery. The jacket is cut-a-way, fastening with two large linen covered buttons. The sleeves are partially formed of eyelet embroidery, and the similar motif trimming the cuffs. About midway of the tunic is a strong band of the embroidery, and the bottom is finished with the motif seen on the revers and shaped bands of insertion. The hat worn with this charming and original costume was of fine white chip in helmet shape with trimmings of white mercury wings and black velvet.

MANY PEOPLE OUT OF CITY ON PICNICS

FIVE ORGANIZATIONS SPEND DAY IN RECREATION.

Nearby Resorts are Crowded With Merrymakers From South Bend and Athletic Events Are Held.

A large per cent of the population of South Bend went on picnics Sunday. Great numbers of people took advantage of the Northern Indiana rail way excursion to Winona lake to witness Glenn H. Curtiss make a flight in his hydro-aeroplane, taking M. J. Heinss, the Pittsburgh pickle king, along with him.

The River Park M. E. church brotherhood spent the day at Hudson lake. South Bend court No. 41 took its members to Pickerel resort at Hudson lake. Post K. Travelers' Protective association also enjoyed the day at Hudson lake, while the Master Horseshoers and their families had a holiday at Diamond lake. The largest delegation was that of the Studebaker club, which took 225 people on an excursion to Bertrand Bayou park.

At the Bon Ton and Post K picnics athletic events played prominent parts and in these events the women and girls distinguished themselves as prize winners. Miss Ethel Kessler and Miss Celia Gerska proved themselves fleet of foot at the Bon Ton gathering, and Miss Margaret Graf threw the baseball farthest. Miss Lena Eskin's throw baseball team was also a winner.

Among the Post K celebrants honors fell to Mrs. Thad Keller for her ability to throw straight; to Mrs. William Cass for a 16-card deal; and to Miss Nellie Gulliroyle for a girls' foot race.

At the Post K picnic also the women demonstrated that they were not unacquainted with skill in indoor ball. Home runs, triple plays and even "squeeze plays" were frequent. Neither team was able to get the best of the argument, however, and the score was 16 to 16 when the game ended.

The Post K boat race was won by Isaac Fotts, while S. A. Stockwell carried off the prize for the similar event at the Bon Ton party. Arnold Handricks took the three-legged race and Chartier R. Miller the men's ball throwing contest.

Some of the leading features of the Studebaker club picnic were the drills and parades of the Culver Military academy cadets. A special Vandalia train carried the Studebaker club party to the lake and returned having been at 1:30 and returning at 4 o'clock.

Youth's Arm is Gashed.

While on their vacation, Osborne Koontz, son of Mr. and Mrs. Charles Koontz, 1121 Van Buren street, was severely injured when a man picking a piece of glass from the street, at St. Joseph, Mich., cut a gash in the boy's right leg from the knee to the forearm. The arm was so badly gashed a physician was compelled to take four stitches in the wound. Mr. and Mrs. Koontz and family returned Friday from their vacation spent in Chicago and St. Joseph.

Wedding invitations. Tribune Printing company.

HIGH SCHOOL BIDS TO BE OPENED ON AUG. 29

Matter Delayed For Week at Request of Contractors.

Although the original plans of members of the school board called for the opening of bids for the new High school to-day, offers for the work will not be received until Monday, Aug. 28. At the request of South Bend contractors, who are preparing estimates, an extension of time has been granted by the board.

More than a score of contractors are preparing figures for the work. The majority of them are out of town, consequently have asked for local concerns with facilities for handling the $250,000 contracts.

When the board opens the bids, William R. Ittner, of St. Louis, architect of the school, will be present in an advisory capacity. He is expected to arrive in South Bend some time this week.

Meeting is Postponed.

Because some of the members were unable to be present the meeting of the South Bend lodge, Theatrical Mechanical association, was not held yesterday, but will be held next Sunday instead. New officers will be elected.

He!p the Children's Dispensary.

H. A. ENGMAN, jr., South Bend, Ind.

I enclose $.....to be used to aid the good work of the Children's Dispensary association in South Bend.

Name .....

Address .....

At Fountains & Elsewhere Ask for
"HORLICK'S"
The Original and Genuine
MALTED MILK
The Food-drink for All Ages.
At restaurants, hotels, and fountains. Delicious, invigorating and sustaining. Keep it on your pickboard at home. Don't travel without it.
A quick lunch prepared in a minute. Take no imitation. Just say "HORLICK'S."
Not In Any Milk Trust

CAPUDINE for "THAT HEADACHE." Liquid—pleasant—prompt—effective. Ask druggist today. Capudine—just the thing to fit you for business. Clears the head, relieves the nerves. Try it. At drug stores.

Dr. E. Spangle
OPTICAL SPECIALIST.
Of 18 years of practical experience of testing and fitting eyes, and grinding and repairing lenses. Specialist cure eyes as at present. Dr. E. Spangle, Optician, 104 S. Main St. Office hours: 9 to 12 a. m. and 1 to 5 p. m. Thursday and Saturday evenings, 7 to 8 p. m. Sundays, 10 to 12 m. Consultation free. If my services are called for, reasonable or approximate. Tortus, cost of stated fees or charges received. Glasses must be identical. All kinds of lenses ground to order. Standard make ground to a mechanical.

Tribune ads bring results.

The South Bend Business College "Special" has the "right-of-way on the main line" to the great "Terminal Station"—"SUCCESS!" The "time-table shows the new term starts August Twenty-ninth to September Fourth.

A business education for time and money spent and for the net results in salary and opportunity is the best education in the world for you.

"All aboard" for the Land of Opportunity!
SOUTH BEND BUSINESS COLLEGE
South Bend, Ind.
Catalog Free.

1912 K-R-I-T 1912

Assures Comfort, Service, Durability, and Economy—A Motor Car of To-Day Measuring the Complete Standard in Mechanical Efficiency—Strong in Make—Strong to Do.

$900 $900

Including Silk Mohair Top, Top Cover, Windshield, Gas and Oil Lamps, Generators, Horn, Tools, etc.; 32x3½-inch Tires, Demountable Rims, Magneto, etc. 106-inch Wheel Base, 3-speed Sliding Gear Transmission, 25½ H. P. Motor.

A Real Five-Passenger Touring Car With Complete Equipment and the Powerful K-R-I-T Motor That Has Never Been Defeated In a Hill-Climb

Roomy and Comfortable.

You will like the K-R-I-T touring car the minute you see it because it has such a comfortable, roomy body—so much leg room in both front and rear seats—such deep, restful upholstering—such high quality finish. You will look in vain for anything that savors of cheapness.

Upholstering is in genuine leather—not imitation—and the finishing, painting and upholstering are all done in the K-R-I-T shops. The K-R-I-T has the lines, the looks, the equipment, and the mechanical quality that mean satisfaction to the purchaser.

Great Strength But Light Weight

The K-R-I-T Touring Car carries its load of five passengers with easy luxury. There is reserve strength at every point, and yet by skillful design and engineering the weight has been kept down. This means that when you buy a K-R-I-T you get a car that will be economical on tires, use less gasoline and oil and cost less to operate at every point. Isn't it a trim, swift, speedy-looking model?

Conquers Every Test

The factory engineers have been testing out this touring car for months. A sample car carrying six full-grown people was put through every possible stunt. Hills that would stall it—sand that it would not go through—could not be found. The K-R-I-T touring car conquered every test with ease; it would go anywhere that any car could go.

Easy Riding Springs
Extra Strong Axles.

Springs were tested—one style and size after another eliminated till the qualities insisted upon, extreme flexibility and strength, had been found. Vanadium steel used exclusively.

Axles were given the most severe and exacting trials; were subjected to abuse worse than would ever be encountered in the service of any owner; strength and absolute safety were demanded and secured. Note the equalized brakes, large wheels and demountable rims.

Perfect Cooling.

It was found impossible to overheat the engine—because the simple, automatic thermo-syphon cooling system and efficient automatic oil circulating system always worked.

In body design nothing that was not roomy and comfortable was even given consideration. A real touring car was intended—and when you buy a touring car you want room and comfort—wide seats, lots of leg room—you get it in the K-R-I-T.

Now Ready to Demonstrate.

The first car delivered on our order is now on exhibition. Come and take a good look at it. Notice the size of the body—the graceful lines, the wide doors, the size of wheels and tires—the strength, and length of the springs—the efficiency of brakes; the compactness and simplicity of motor—the size of the axles—you will find a quality and perfection of construction and finish that is hitherto unknown, at the price.

A Remarkable Motor.

One of the country's leading technical editors—an acknowledged authority whose opinion is eagerly sought by automobile engineers—unhesitatingly indorses the K-R-I-T bell-shaped motor as the finest, most efficient motor of its size in the world. Users find it wonderfully powerful, economical and reliable. It is certainly one of the simplest, most efficient motors ever produced. It has but three points; crank case and gear case are made of aluminum, and the complete power plant is enclosed, making it dust-proof and oil tight. We use a self-adjusting multiple disc clutch that runs in oil. It is noiseless—and takes hold without any jar or jerk. Go into K-R-I-T construction in detail and you will see why it is the best motor on the market for the money. The other points of K-R-I-T cars are just as high grade.

K-R-I-T Quality at K-R-I-T prices is made possible by the fact that every part is made within the K-R-I-T organization. This eliminates extravagant parts makers' profits and assures the highest quality workmanship and material. The K-R-I-T idea is quick sales, small profits from each sale—and a large volume of business. But always and everywhere high quality is insisted upon.

Costs Dealers More.

That's why K-R-I-T dealers willingly pay more for this exceptional car than any other dealer pays for any other car of similar price. We can afford to sell cars at less profit—because we sell the most instead of the few. We get the volume of business—and the high quality of K-R-I-T cars makes the volume grow. We regard the K-R-I-T agency as an important asset—we are proud to have it—because K-R-I-T Quality makes it valuable.

We cordially invite you to come and inspect K-R-I-T cars.

K-R-I-T MOTOR COMPANY, DETROIT, MICHIGAN

M. A. SHUEY—South Bend, Ind.

TO DEALERS: Here is the best selling proposition of the year. Wire or write. We are now signing 1912 contracts. Better get in touch with us at once

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