



# The Home Department

Conducted by  
Helen Watts McKee

## Trust

'Tis not for those who walk in pleasant places,  
With summer sunshine ever round about,  
Who know no toil but woo the smiling graces,  
To know life's fondest trust and feel no doubt.  
But unto those who bend beneath their burden—  
Sometimes too heavy for the flesh to bear—  
Comes in the hush the blessed, blessed guerdon  
Of hopeful trust in Him who heareth prayer.

Had life no thorns we should not prize its roses;  
No shadow, we'd care little for the sun;  
It is the weary head that best reposes  
On its hard pillow, when the day is done.  
If in this life we met no wasting sickness,  
We would not prize the jewel, precious health;  
And if we saw no poverty or weakness,  
What use could we have for unbounded wealth?

If we had drained no cup of longing, yearning,  
That friends would prize us dearly and to love,  
Where were the prize to us so dear returning,  
The hopeful trust in Him who rules above?  
—Ellen Stewart.

## Among the Plants

August is always a hot, dry month, and everything that can, in plant life, tries to rest; but there are a great many things that put in the hot, dry months in most vigorous growing. Among the most industrious of these are the weeds in the neglected garden patch; they not only grow rankly, but they perfect seeds in untold numbers for the coming season. Useful things, as well as weeds, will grow in the garden, and if you look over the garden catalogues, you will find that many things may be sown or planted at this season for late crops, or for canning and pickling, drying or preserving. At least cut down, or plow up, gather and burn the weeds that have started their seedpods, for no other means will destroy them.

Next month, the florist and seedsman will be sending out their literature, and you should send in your request for a copy by writing your name and address on a postal and forwarding it. Many things should be planted this fall for an early crop next spring. The cata-

logues are full of instruction, and well worth having—and keeping.

Trying to do window, or other, gardening by book rules alone is like trying to keep house with no experience and a recipe book. So many things make a difference, and the plants must be studied and given the right conditions. Two or three plants in the window during the cold weather will brighten up the indoors most wonderfully. If you expect to succeed with even the few, they must have some care and preparation now. They should be potted and started to growing as soon as possible, and kept growing, but not allowed to bloom, for if allowed to bloom during the fall months, they will take their rest just at the time you want their bloom. Keep them from blooming until at least late September, but keep them growing and healthy. If not yet "lifted," or potted, the work should be done on a cloudy or rainy day, and the plant kept shaded for some time.

## Short Steps

It has always been supposed that the country was the real seat of health, and so it should be; but it has been found that some of the most perfect specimens of children and babies are raised in the tenement districts of large cities. In large cities, health, hygiene and sanitation receive a large share of public attention, and in many country villages and farming communities, conditions prevail which would not for a moment be tolerated in the crowded city. Environment is not all.

Nearly every farmer or stockman is anxious to better his herd or flock, and the aim in all farm, stock and horticultural matters is to breed better stock, raise better crops and develop better fruits; but nothing, until of late, has been thought of the possibility of giving to the world better specimens of humanity, beginning with the mothers and fathers and reaching the babies through them and through more intelligent rearing. It is becoming a matter of course that mothers shall be instructed, and the babies measured up by skilled physicians, who are able not only to teach the mothers, but to remove the cause of many of the ills, mental and bodily, that incapacitate the child.

Organized contests for the measuring and classifying the babies are being held, under the auspices of child's welfare societies, woman's clubs, medical societies, boards of health, parents' associations, pure milk commissions, and through many other smaller organizations.

The ignorance as to the needs of the child is by no means confined to the ignorant lower class, but many of our most intelligent people know

extremely little about the physical and mental health of their children, or the lack of it, or how to remedy defects which are appallingly evident, and in most cases can be remedied by the advice of the skillful physician.

## Putting Up Fruits

If one lacks facilities for putting up or keeping canned stores, preserves, jellies, jams and marmalades may well take the place and many things which could not be kept canned, may be of excellent kind preserved with sugar. The usual proportion for preserves is one pint of sugar to one pint of fruit—pound for pound. But this makes a rich, heavy preserve, and only three-fourths as much sugar as fruit will keep perfectly. For the small, soft, seeded fruits, jam is better than preserve, as the fruit can be put through a fine sieve and the seeds extracted, the juice and sugar boiled down as thick as wanted; but jam thickens quite a lot while cooling, and this must be allowed for. Besides, it should be boiled as little as possible, as boiling gives a strong flavor, especially to blackberries. Putting up fruit with sugar is a job for the coal or wood range, as the gas gives too hot a fire. It should have slow cooking, stirring often to keep from scorching.

A mixture of fruits, as red currants and red raspberries, apples and quinces, and often the putting together of odd lots of "left overs" will make excellent preserves or jams. Ripe grapes or green ones may be preserved, but should not be cooked down too thick. The grapes should be cooked until soft enough to push the pulp through a fine sieve, taking out seeds and skins, the sugar added and the pulp boiled slowly until done.

Small yellow tomatoes are always liked, and our mothers thought their supply was not complete without these, gingered pears, water-melon rinds, and damson or green-gage plums. Almost any kind of fruit, and many vegetables, make good sweet pickles, according to the care one takes in putting them up.

## Making Jelly

Whatever fruit is used, cook it soft, then put it into a flannel or cheese cloth bag previously wrung out of cold water, and hang where it will drip as long as the juice will pass out. The receiving vessel should be stone, or china, or porcelain lined, or enamel—never use tin, iron, or brass. Do not squeeze, as this will force particles of the pulp through, and the jelly will be clouded. After draining, put the juice in a regular preserving kettle over a brisk fire, a small quantity at a time, as long boiling will give a dark color and injure the delicate flavor; a small quantity will jelly quicker than a large amount. Boil the juice twenty minutes; have the sugar heated in the oven, but not scorched or browned; when the juice has boiled twenty minutes, and all scum removed, remove and measure and allow as many pints of sugar as there are of the juice, to most fruits; to some, less sugar is necessary. Stir all together, and when the sugar is melted, boil three minutes, strain and fill your glasses and let stand until the next day, when the surface of each glass should be covered with melted paraffin wax, a paper pasted

or tied over it, if no tops are at hand, and the glasses set away in a cool, dry, dark place. Soft fruits should not be over ripe, if a nice, clear color is wanted. Hard fruits, such as pears, peaches, apples, quinces, should be boiled soft.

## Unfermented Grape Juice

We have several requests for "the best recipe" for putting up grape juice, and we have several; there is very little difference except in small details, as much more depends on the kind of grape, the condition when used, and the care given in doing the work, than upon the mere directions. The bottles must be perfectly clean and sweet, and sterilized, with new corks, and sealing wax, or paraffin wax for use about the neck of the bottle; the grapes should not be overripe, if a clear, nite liquid is desired; the over-ripe grapes give a darker color and stronger flavor than the "just ripe" kind. A porcelain-lined, or enameled ware, or aluminum kettle should be used, and the lining on the kettles should be without crack or scaled place. A flannel or double-fold cheese cloth bag should be used for straining the juice, and it should be allowed to drip, with no squeezing, as the squeezing forces the fine pulp through and the juice is clouded by it. Every bruised or decaying grape should be carefully removed. The juice can be sealed in fruit jars, if wanted, and small jars are to be preferred to large size, that the juice may be used at once, before fermentation takes place—which it quickly does after the vessel is opened. Wild grapes may be used, but where they are plenty, the concord and other common varieties are mostly used; juices from other kinds are very good. If home-grown, the grapes

## STOPPED SHORT

### Taking Tonics, and Built up on Right Food

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics—drugs.

New material from which to rebuild wasted nerve cells, is what should be supplied, and this can be obtained only from proper food.

"Two years ago I found myself on the verge of a complete nervous collapse, due to overwork and study, and to illness in the family," writes a Wisconsin young mother.

"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics prescribed by physicians, but their effects wore off shortly after I stopped taking them. My food did not seem to nourish me and I gained no flesh nor blood.

"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape-Nuts four times a day with cream and drank milk also, went to bed early after eating a dish of Grape-Nuts before retiring.

"In about two weeks I was sleeping soundly. In a short time gained 20 lbs. in weight and felt like a different woman. My little daughter whom I was obliged to keep out of school last spring on account of chronic catarrh, has changed from a thin, pale nervous child to a rosy, healthy girl and has gone back to school this fall.

"Grape-Nuts and fresh air were the only agents used to accomplish the happy results."

Name given by Postum Co., Battle Creek, Mich. Read the little booklet, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

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