



The Home Department

My Boy

Tell me, boy, was it years ago
We quarrelled and kissed, and you
teased me so?
You dreamed of a day that would
bring you fame,
And now you wake to a soldier's
name.
Only a boy, and they want you there
Facing the terror and death and
glare
Of the blazing guns and the poison-
ed air;
And you go with never a shadow of
care,
Flinging the strength of a pure
young soul
Into the hope of a treasured goal,
A single unit in one huge plan—
Oh, tell me, boy, are you child or
man?

In the seething mass of a million
souls
As the swift, sure tide of the battle
rolls—
O God, protect, make strong the
good,
For a man stands where a boy has
stood!
Bless him with strength of mind and
will—
A heart of steel and a soul to thrill
With a love for all that the winning
means
To mold men's lives and gild their
dreams.
Caught in the scourge of blood and
fire
That yields to the world its sacred
pyre,
Under the stress of its lurid ban,
Say, boy, my boy, will you be a man?
—Gertrude M. Wheelock in
the Youth's Companion.

Make Your Own Grape Juice

The sugar shortage makes it necessary that housewives find other ways to take care of their surplus fruits. The patriotic grower will look into the possibilities of home-made grape juice, which is made without sugar, and which is so wholesome used as a beverage or in desserts of one kind and another. For the benefit of several inquirers, we reproduce below the method recommended by the United States department of agriculture. The directions follow:

Only clean, sound, well ripened, but not overripe, grapes should be used. These may be crushed and pressed either by hand or in an ordinary cider mill. If a light-colored juice is desired, the crushed grapes are put in a clean well-washed sack and either hung up and twisted or grasped by two persons, one at either end, and twisted until the greater part of the juice is expressed. Then, in a double boiler or its equivalent, such as a large stone jar placed in a pan of hot water, so that the juice does not come in direct contact with the fire, the juice is gradually heated to a temperature of 180 degrees to 200 degrees F. The temperature should never be allowed to go above 200 degrees F.

It is best to use a thermometer; if none is available, however, the juice may be heated until it steams, but it should not be allowed to boil. It should be poured immediately into a glass or enameled vessel and allowed to settle for 24 hours; then the juice should be drained from the sediment and run through several thicknesses of clean flannel or through a conic

filter made from woolen cloth or felt and fixed to a hoop of iron, so that it can be suspended wherever necessary. The juice is then poured into clean bottles, space being left at the top for the liquid to expand when heated.

A good home substitute for a commercial pasteurizer is an ordinary wash boiler with a thin board fitted over the bottom on which the filled bottles are set. Ordinary glass fruit jars serve the same purpose equally well. The tub should be filled with water to within an inch or so of the tops of the bottles and heated until the water begins to simmer. The bottles should then be taken out and sealed or corked immediately. Only new corks that have just been soaked for about 30 minutes in warm water at a temperature of about 140 degrees F. should be used. It is well to take the further precaution of sealing the corks with paraffin or sealing wax to prevent the entrance of mold germs.

When red juice is desired, the crushed grapes should first be heated to a temperature of not more than 200 degrees F., then strained through a clean cloth or drip bag, no pressure being used, and set away to cool and settle. The remaining procedure is the same for the red as for the light-colored juice.

Many people do not even take the trouble to let the juice settle after it is strained, simply reheating and sealing the vessels and setting them away in an upright position in a cool place where they will be undisturbed. If bottles are used, the corks should be sterilized and the necks of the bottles sealed with sealing wax. The juice settles, and when desired for use the clear liquid is poured off the sediment.

Any person familiar with the process of canning fruit can put up grape juice, for the principles involved are the same. Care should be taken not to sterilize the juice at a temperature higher than 195 degrees F., or the finished product will have a scorched taste. The bottles or jars should not be so large that when they are opened, the juice will spoil before it can be used.

Unfermented grape juice, properly made and bottled, will keep indefinitely if not exposed to the atmosphere or to infection from mold germs; when a bottle is once opened, however, the contents, like canned goods generally, should be used as soon as possible. Unfermented juice may be made not only from all varieties of grapes, but also from some other fruits, such as apples, pears and cherries. Some berries also yield excellent juices.

Apple Butter Saves Surplus

Do not let the surplus apples go to waste make them into apple butter. Summer apples make splendid apple butter, even without the use of boiled cider, which, however, is a desirable addition if it can be obtained. Pare, core, and cut up the apples, add a little water and stew into apple sauce. Let this simmer gently at the back of the stove for several hours, stirring occasionally as needed to prevent sticking. When it is two-thirds done add one pound of white or brown sugar to each gallon. After cooking thick enough stir in spices to taste. Pack in sterilized containers and cover with melted paraffin.

If sweet cider is to be used boil it

down to half the original volume. By boiling it to a thick lump, less sugar is required. To each gallon of sweet cider use a gallon of pared, cored, and sliced apples. Either add these to the boiled cider and begin cooking, or stew them into apple sauce and add the sauce to the boiled cider. Cook gently but stir often for two hours, then add a half pound of sugar to each gallon of product, or use no sugar. Continue cooking and stirring until thick enough, stir in spices to taste, pack in sterilized containers and cover with melted paraffin.

Save Fruit Without Sugar

There is no reason why any fruit should be allowed to go to waste simply because of the shortage of sugar or because the price of sugar may be high. Fruit can be canned without sugar just as well as with it. The process is identical, except instead of dropping the fruit into boiling syrup, drop into boiling water, cook until done, then fill hot, sterilized jars, adjust brand new rubbers and be sure the top is absolutely airtight. Fruit canned this way keeps for years. When can is opened then sweeten to taste, or, a better way, is to use about one-half cup of sugar to the juice, bring to a boil and drop in the fruit, boil one or two minutes and set aside to cool and you can't tell but what it was canned with sugar.

Drying is another way to save fruit without sugar known to many of the older housewives. The United States department of agriculture at Washington publishes a free Farmers' Bulletin No. 841, which gives minute directions on how to dry fruits and vegetables in the home, either by electricity, by sun or above a cooking stove. This may be had free upon request, and should be in every housewife's library. By carefully following directions all fruits and vegetables may be saved and a ready market found for them.

For a Family of Five

A family of five, including two adults and three children under 12 years of age, under ordinary living conditions, should have stored for each month of the winter season the following food supplies: 1 bushel of Irish potatoes, ½ bushel of other root vegetables, such as carrots, turnips, and parsnips; 25 quart cans of other vegetables; and 20 quarts of canned fruit and preserves. These figures are based on estimates by the United States Department of Agriculture, which adds that most of this should come from the home gardens. With these figures as a basis, it is thought that almost any family may calculate its requirements, taking into consideration the length of the winter season in any given locality.

Things Worth Knowing.

It may not be generally known that it is quite easy to take out ink stains with common soda. Damp the stain with cold water and then cover it with soda. Leave it for about an hour, till the stain completely disappears. It does not leave a mark after.

When the rugs come from the cleaners it seems as though all of the "life" has been taken out of them. Buy 10 cents worth of glue, dissolve it in water, then let it come to a boil

and dilute it until it runs easily from a brush. Apply the liquid to the under side of the rug with a paint brush, and then the rugs are as good as new.

Muffins baked in an iron muffin pan are much lighter and crisper than if baked in agate or tin. The iron pan should be thoroughly heated and brushed with fat before the batter is poured in.

You can renovate the limp veil so it looks like new. Make a solution of gum arabic and water. Dip the veil into this, then stretch and pin it out to dry just as you would a lace curtain.

To remove yellow stains caused in bathtubs and basins by the dripping of the faucets use pulverized chalk moistened with ammonia.

To clean granite pail that well water has made yellow and rusty looking pour strong vinegar into pail (settlings of jug or barrel will do) and let stand all day, then wash well and it will look like new. This will work when all scouring powders will fail to remove one bit of it.

Cayenne pepper is excellent to rid cupboard of mice. The floor should be gone over carefully and each hole stopped up with a piece of rag dipped in water and then in cayenne pepper.

To save wheat in making berry pies some flour is required to absorb the juice. Use a few cracker crumbs instead of flour; they are much better.

Try peroxide of hydrogen to remove scorch stains from wool, or to dip the stain in water and salt it heavily, then hang it in bright sunlight. A repetition of this may be required if the scorch is bad.

When cream will not whip add the white of an egg to it. Let both cream and egg be thoroughly chilled. Then try again and it will whip easily.

Discoveries

In Making All Green Salads, the edible green must be washed and thoroughly dried, for if any moisture adheres to the leaves the dressing will not coat the leaves properly. Many of the higher varieties of dressing can be most easily made by placing the ingredients in a small fruit jar, adjusting the rubber and cover and shaking briskly until slightly thickened.

Any left-over bean, pea or nut and cheese loaf is good fried and served with a seasoned sauce.

A pinch of sage will help a loaf along and make it tastier.

One-half corn sirup and one-half sugar added to stewed fruit not only saves sugar but gives a different and better taste.

Keep different left-over breakfast foods and make into a mush which, when fried, is new and good.

To try out fat, cut fats into small pieces and put in double boiler or in pan in oven and cook slowly several hours. When fat is melted strain it through cheesecloth, pressing to obtain all the fat. Scraps left may be used in steamed suet puddings and in ginger-bread. To lessen any undesired flavors of rendered fat add equal amount of water; heat slowly and boil one hour. Cool and allow fat to harden in a cake on top and remove carefully. Heat fat again slowly to drive off any water. If color and flavor are not satisfactory process may be repeated, several times.

Rules for Eating

The Committee on Health Problems of the National Council of Education offers the following rules for right eating:

What to Eat.—Well cooked cereals, vegetables and fruits; whole wheat, brown or corn bread; meat—