

STORE FRUIT JUICES

How to Prepare for the Future Comfort of the Family.

ALL FRUITS CAN BE UTILIZED

Grape Juice—Sirup Made From Windfall Apples and Apple Cider—Here is a Fine Flavoring Sirup.

(From the United States Department of Agriculture.)

Various fruit juices may be prepared in the home and bottled for future use. Practically any fruit may be used in the first recipe following.

Sterilized Fruit Juices.—The fruit juice may be pressed out of fruit by means of a cider press, special fruit press, or other improvised presses; then heated in an acid-proof kettle up to 110 degrees Fahrenheit. The fruit juice may then be poured into ordinary hot jars, hot bottles, or tin cans, and handled by the same directions as those for canning of fruit itself. If poured into miscellaneous bottles, it is suggested that the fruit juice be sterilized as follows:

Make a cotton stopper and press into the neck of the bottle and leave during the sterilization period. Set bottles in boiling hot water up to the neck of the bottle, sterilizing the fruit juice for 30 minutes at a simmering temperature (165 degrees Fahrenheit). Remove the product, press cork in top over cotton stopper immediately. If the cork fits well, no paraffin need be used. If a poor cork, it may be necessary to dip the cork in melted solution of wax or paraffin. Fruit juices and apple cider when handled in this way will not "fatten in taste" and will keep fresh for future use.

Grape Juice by Two-Day Method.—For home use there are a large number of varieties of grapes which will make a pleasant and beautiful drink. No matter what the kind of grape,

however, only clean, sound fruit should be used and it should be well ripened, but not overripe. The grapes should first be crushed and pressed in an ordinary cider mill or by hand if no mill is available.

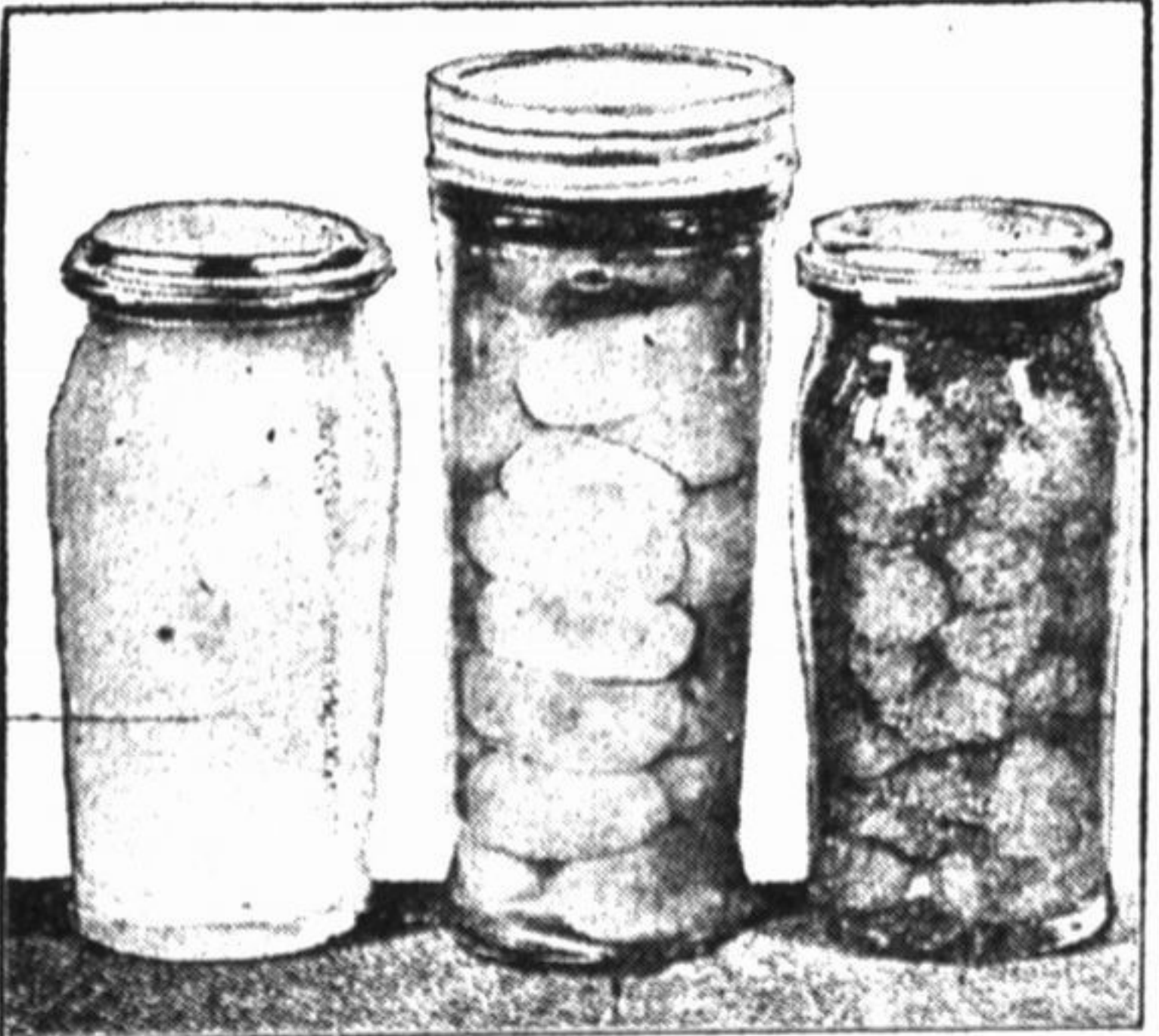
Red Juice.—For red juice, the crushed grapes are heated to about 200 degrees Fahrenheit before the juice is separated from the pulp and then strained through a clean cloth or drip bag without pressure. Thereafter, the process is the same as for light-colored juice.

Grape juice should be stored away in bottles or jars that are not too large, for after these have been opened the juice is likely to spoil. If properly made, however, the juice should keep indefinitely as long as it is kept in sealed bottles.

Sirup Made From Windfall Apples and Apple Cider.—Add five ounces of powdered calcium carbonate (obtained at any drug store) to seven gallons of apple cider. Powdered calcium carbonate (carbonate of lime) or, to give it its common name, precipitated chalk, is low-priced and harmless. Boil the mixture in a kettle or vat vigorously for five minutes. Pour the liquid into vessels, preferably glass jars or pitchers; allow to stand six or eight hours, or until perfectly clear. Pour the clear liquid into a preserving kettle. Do not allow sediment at bottom to enter. Add to the clear liquid one level teaspoonful of lime carbonate and stir thoroughly. The process is completed by boiling down rapidly to a clear liquid. Use density gauge or candy thermometer and bring the temperature up to 220 degrees Fahrenheit. If a thermometer is not available, boil until bulk is reduced to one-seventh of the original volume. To determine whether the sirup is cooked enough test as for candy—by pouring a little into cold water. If boiled enough it should have the consistency of maple sirup. It should not be cooked long enough to harden like candy when tested.

When the test shows that the sirup has been cooked enough, pour it into fruit jars, pitchers, etc., and allow it to cool slowly. Slow cooling is important, as otherwise the suspended matter will not settle properly and the sirup will be cloudy.

JAMS, FRUIT BUTTERS, MARMALADES, ETC.



A Luscious Trio—Yellow Tomato, Kumquat and Strawberry Preserves.

(Prepared by the United States Department of Agriculture.)

Jams are made of small fruits which are not whole or firm enough to use for preserves. No attempt is made to retain the original shape of the fruit, the finished product having a uniform consistency. Marmalades have a more jellylike texture and thin slices of the fruit appear suspended throughout the mixture. In fruit butters and pastes frequently less sugar is used than in jams and the product is more concentrated. Preserves may be made of large or small fruits, cooked in the same manner as jams. Sometimes nuts are added.

In stirring jams use a wooden spoon or paddle, moving it across the center of the vessel first one way and then the opposite, and next around the pan, gently moving the mixture from the bottom of the pan, being careful not to stir rapidly or heat. Cook the jam to 105 degrees Centigrade or 221 degrees Fahrenheit. If a thermometer is used.

If a cooking or chemical thermometer is available more accurate results can be obtained by its use. The proper condition of the cooked fruit can be determined approximately, however, without the use of such instruments. For determining when they are finished most jams may be given the same test as finished jelly; that is, when a little is held a moment and cooled in a spoon, it will not pour from the side of the spoon, but will fall in a sheet or flake. This is not true of jams made of peaches, cherries, strawberries, and other fruits not containing pectin, the jellying principle. When using such fruits, cook until the jam is of the desired consistency.

Well-glazed hermetically sealed stoneware jars with capacity of eight ounces and up, are suitable and attractive containers for packing jams, marmalades, etc. Large-necked bottles, glasses, etc., also may be used and sealed with cork, paraffin, etc.

Jams and marmalades may be packed hot in sterilized jars, glasses or large-necked bottles, and sealed immediately. When packing for market,

Light-Colored Juice.—After the juice is pressed out the subsequent procedure depends upon whether a white or a red product is desired. For a light-colored juice, the crushed grapes are put in a cloth sack and twisted until the greater part of the juice is extracted, one person holding each end of the sack. The juice is then put in some convenient form of double boiler in which it does not come into direct contact with the fire, but is surrounded by hot water, and gradually heated to a temperature

close to 200 degrees Fahrenheit. It should not be allowed to go over this point. If no thermometer is available, it is best to heat the juice until it steams and then to take it from the fire before it is allowed to boil. It should then be poured into a glass or enameled vessel and allowed to settle for 24 hours, after which it can be drained from the sediment and run through some form of cloth filter. The strained juice is then put into clean bottles and sterilized once more in a water bath.

Berry Jam.—In selecting berries for jam the ripe, broken ones will give fine color and flavor, but about one-half the quantity should be slightly under-ripe. This is necessary to give a jellylike consistency to the product. Cooking in small quantities also helps to retain color and flavor. Weigh the berries and allow three-fourths of a pound of sugar to each pound of fruit. Rapid cooking with constant care is essential.

Peach Jam.—Two and one-quarter pounds peaches cut into small pieces, one pound sugar, six whole allspice, one cracked peach seed, one inch ginger root, one-half cupful peach juice, one-half teaspoonful whole cloves, one teaspoonful cinnamon bark, one spice mace. (The spices in chess-cloth bag.) Cook all together until thick as marmalade and clear or until of the consistency desired (to 105 degrees Centigrade or 221 degrees Fahrenheit). Pack hot in hot jars and seal at once or process.

Quince Paste.—Three-fourths pound powdered sugar for each pound of fruit pulp. Wipe the fruit, cut into quarters, remove flower and core, and cook in water until very tender. After rubbing the pulp through a sieve, weigh it and add the required amount of sugar. It is then cooked until very thick. Scalded and chopped nut kernels may be added. The pulp remaining after the juice has been extracted for quince jelly may be used also.

Pear and Quince Preserves.—For pear and quince preserves, use the same proportion of sugar and fruit. Cut the fruit into half-circle slices. Cook the fruit until almost tender in boiling water, drain, add the sirup, and proceed as for peach preserves.

Apple Butter.—Measure the apples, wash to remove dirt, slice into small pieces, and for each bushel of apples add four gallons of water; boil until the fruit is soft, then rub through a screen or sieve.

Fruit Pastes.—Fruit pastes consist of boiled-down fruit pulp with sugar added according to the acidity of the fruit, and are improved in flavor if several varieties of fruit are mixed. After the fruit paste is made (see recipes), it can be colored red, yellow or green with harmless vegetable colors. The coloring is stirred into the boiling mass after removing from the fire. Different flavors also can be added at this stage if desired. The paste is poured up in a half-inch layer on flat dishes, marble, or glass

GOOD FRUITS FOR PRESERVES AND APPROVED PRESERVING METHODS

Not a Difficult Process and the Fruit Keeps Better Than When the Ordinary Canning Process Is Used.



Packing Jams in the Home.

(Prepared Specially by the United States Department of Agriculture.)

The fruits which are so plentiful in many parts of the country this season may be saved by preserving as well as by canning. Preserves and similar products differ from canned fruit in that much larger proportions of sugar are used in preparing them, in that they are cooked longer, and in that special sterilization in containers is not necessary in all cases. Because of this many of these products may be packed in large-necked bottles and glasses, and sealed with cork, paraffin, etc. Tight-sealing jars thus may be saved for canning.

Preserves, jams, marmalades, etc., differ among themselves in the proportion of sugar used, the degree of cooking employed, and the consistency of the finished product. Though less economical to prepare than canned fruit because of the relatively large amounts of sugar used, preserves and similar preparations furnish a variety in the ways of putting up fruits and make valuable additions to the winter ration of sweet foods.

Sirups in Preserving.—When preserves are properly made the fruit keeps its form, is plump, tender, clear, and of good color, the surrounding sirup being also clear and of proper density. In making preserves the object is to have the fruit permeated with the sirup and this can be accomplished only by careful procedure. In order to prevent shrinkage it is necessary to put fruit at first into thin sirup and increase its density slowly by boiling the fruit in the sirup or by alternately cooking and allowing the product to stand immersed in the sirup. If at any time the fruit shrivels or wrinkles the sirup should be made less dense by the addition of water.

To make these sirups boil sugar and water together in the proportion given below until sugar is dissolved. Strain all impurities out of the sirup before using:

Sirup No. 1.—Fourteen ounces sugar to one gallon water.

Sirup No. 2.—One pound, 14 ounces sugar to one gallon water.

Sirup No. 3.—Three pounds nine ounces sugar to one gallon water.

Sirup No. 4.—Five pounds, eight ounces sugar to one gallon water.

Sirup No. 5.—Six pounds, 13 ounces sugar to one gallon water.

If no scales are available, the amounts of sugar may be approximated by measuring, using one pint for each pound and 16 tablespoons for the half-pint. For the recipes which follow all measurements are level and the standard measuring cup holding half-pint is used.

For fruits like peaches, pears, watermelon rind, etc., preserving should be begun in sirup not heavier than No. 3. Juicy fruits like berries can be put at the beginning into a heavier sirup, about No. 4, because the abundant juice of the fruit quickly reduces the density of the sirup before shrinking can take place. When the preserves are finished and ready for packing, the density of the sirup should have reached that of No. 4 or No. 5. Sirup made with very acid fruits can be made heavier than pure sugar sirups without danger of crystallization because the acid inverts some of the sugar, changing it to a form which cooking will not crystallize readily.

Cooking.—Since long cooking injures the color and flavor of fruits, it is desirable to cook delicate fruits such as berries for as short a time as possible. Cooling rapidly after cooking gives preserves a better color and flavor than can be secured when they are packed hot. Standing immersed in sirup after cooking also helps to plump them. If berry preserves are covered for a brief time before removing from fire and the vessel left covered while cooling, the product will be more plump.

For cooling, shallow enamel trays

stabs, which are first rubbed with a cloth dipped in a good salad oil. The dishes are then exposed to draft for a couple of days, after which the paste is cut into figures. If the paste is well boiled down it is dried more easily. The paste can be cut with a common knife or with a fluted vegetable knife, or it can be cut in round cakes, the center of which is again cut with a smaller circular cutter. The cut paste is placed on paper, sprinkled with crystallized sugar or common granulated sugar.

or pans are desirable. Tin is not desirable because fruits will discolor in it. Pack preserves cold, bring the sirup in which they have stood to boiling, test by observing thickness when poured from a spoon, and if of proper density pour over the packed preserves, puddling with thin wooden paddle or knife blade to remove all air bubbles. If not of the right density for packing, the sirup must be concentrated by boiling. To seal properly and to insure safety from mold it is desirable that all preserves be processed. Tight-sealing jars must be used, therefore, for these products. Since they can be sterilized before the boiling point, processing at simmering (80 degrees C.) for 30 minutes is preferable to boiling, because this temperature will give better color.

The general directions given may be applied to practically any fruit to make preserves. For additional convenience, however, the following specific recipes are given for products most likely to be abundant during the remainder of the season.

Watermelon Preserves.—Cut one pound watermelon rind into inch squares. Allow to stand overnight in clear water. Drain and cover with about No. 3 sirup (2 cupfuls sugar to 1 quart water). Boil for 25 minutes. Let stand overnight immersed in sirup. Next morning add juice of half lemon and three slices of lemon additional for each pound. Cook until transparent (about one hour). Let stand until cold. Pack, add the sirup, garnishing with slices of lemon, cup, and process.

Gingered Watermelon Rind.—To each pound of rind cut into 1-inch squares, add two quarts of water and one ounce slaked lime. Let stand in lime water overnight. Next morning drain and let stand one to two hours in fresh, cold water. Drain well and boil rapidly in strong ginger tea (one ounce ginger to one quart water) for 15 minutes. Drain, put into No. 3 sirup made by using one pint strained ginger tea with one quart water and one and a half pounds of sugar. Cook until tender and transparent (about one and a half hours). After boiling a half-hour add half a lemon sliced thin. Place in shallow pans to cool, having the rind well covered with sirup. When cool arrange pieces attractively in jars, cover to overflowing with sirup. Cap, clamp, and process.

The density of the packing sirup for preserves and gingered watermelon rind (also figs and peaches) should be between that of No. 5 and No. 6.

Peach Preserves.—Boil three pounds sugar and three quarts water together until sugar is dissolved. Strain out all impurities. Have four pounds peaches well sorted so that all are sound and firm. Peel the fruit after immersing for about one minute (or until the skin slips off easily) into boiling water—then into cold. If desired, cut the fruit into halves, or thinner crescent-shaped slices. Add the peaches to the sirup and cook until clear and transparent. Remove fruit to shallow tray, cover with sirup and let stand overnight to plump.

Place the preserves in sterilized jars, cover to overflowing with sirup, which should be further reduced by boiling if not thick enough. Adjust lid and rubber and process.

Tomato Preserves.—Make a sirup, using two cupfuls sugar and three cupfuls water; add one lemon sliced thinly, six inches of stick cinnamon, and let boil 15 minutes; then add one pound of small "yellow plums" or "egg tomatoes," which have been pricked with a coarse needle or scalded and skinned, let simmer until tomatoes are clear. Remove tomatoes and spread out in a tray. Cook sirup until proper consistency, pour over the tomatoes and allow to stand over night. Next morning pack into small jars, pour sirup over them, partly seal, and process pint jars 15 minutes.

Buy Outright, Is War Plan. Washington.—Secretary of Commerce Rodfield announced that the conference representing all interested departments of the government has completed its study of war contracts. Where conditions of manufacture are particularly involved the conference recommends a contract in which a specified sum is awarded as the profit on each article, instead of making the profit a percentage of the cost. This recommendation will do away with the tendency to increase costs to increase profits.

TO CONSERVE POTATO

Officials of Food Administration Give Advice.

Unusual Facilities for Financing Storage Have Been Arranged and a Comprehensive Plan of Action Is Recommended.

Washington.—Officials of the food administration gave out the following statement concerning the storing of potato prices, especially important just now:

Unusual facilities for financing storage are offered American potato growers as a result of war conditions. The federal reserve system is at their disposal, and farmers who store their 1917 potato crop in approved local warehouses, may obtain, upon their storage receipts, 90-day loans from member banks of the reserve system at a rate not to exceed 6 per cent. Mr. Lou D. Sweet, potato expert with the food administration, was instrumental in bringing this matter to the reserve board's attention.

New England growers have started a movement to take advantage of this ruling to help them solve their marketing problem. The prospect which the growers of this group of states face is that of handling 45,000,000 bushels of potatoes—one-tenth of the entire United States crop—without causing an overstocked market and the resulting loss of all profit on the crop.

The growers communicated with local authorities in their respective states, who in turn laid the situation before the food administration. A conference between the growers, local authorities and experts from the food administration was held recently at Boston, Mass. A plan of action was mapped out at this meeting which includes the following:

1. Marketing of only one-third of the crop at harvest time; another third in 90 days, or placing in storage and later distributed as demand affords opportunity; the remaining third to be stored by the grower and marketed throughout the year.

2. All potatoes to be graded with care, taking out culls, cuts, cracks and any that are bruised. It was recommended that a wire screen grader be used—one and seven-eighths-inch mesh for oblong tubers and two-inch mesh for round ones. Graded stock then to be placed in good 160-bushel sacks—one hundred and fifteen pounds to the sack—and the sacks sewed tightly so as to prevent shaking and bruising.

3. Increasing the load in each railroad car from the normal 30,000 pounds. That these cars can be unloaded within 24 to 36 hours of their arrival at destination.

4. That mini-poolies and other bodies provide storage for as large quantities as possible at the peak of the harvest.

"A storage house," said Lou D. Sweet, who attended this meeting, "such as will conform to the requirements laid down by the Federal Reserve board, does not call for a specially constructed house. There are innumerable buildings, which if properly cleaned, ventilation provided, and managed so as to maintain a temperature of about 35 degrees, will answer admirably for this purpose."

"This year the United States planted its potato crop from the poorest quality of seed that ever went into the ground, and naturally the harvest will be potatoes of poor quality. Strict grading, careful packing, common-sense storage, and careful shipping are necessary to insure just returns to the growers who have responded to the president's call for increased production of potatoes."

SHE HAD WAYWARD DAUGHTER
Neighbor Was Surprised When She Found Cause of Severe Rubs Administered by Mother.

A lady living in a large apartment house relates the following: "I had occasion one day to visit the apartment of a neighbor. Such grave and earnest tones of remonstrance reached my ears as I approached my friend's room, that I hesitated about intruding. I found her wise young daughter with her, and the mother had evidently been rebuking her, for the girl's face was flushed, and there were tears in her eyes.

"Come in," said my friend. "I have finished what I was saying to Jenny, and I hope she will remember my wishes."

"Ah, these children—these children," thought I to myself. How wayward they are, even gentle things like Jenny, and how tremendous are a parent's responsibilities!

"I have just been telling her," continued my friend, "that she must not wear her evening gowns when she goes shopping in the morning. In the first place, it is not genteel; and in the second place, it is extravagant."

Her evening gloves! And yet, I assure you, her tone and expression, and the impression made on the child, would have baffled a serious wrong-doing—one that had issues in time and eternity.

A Dilemma.
"I couldn't get out of marrying her. When she proposed she said: 'Will you marry me? Have you any objection?' You see, whether I said 'Yes' or 'No,' she had me."

"Why didn't you just keep silent then?"

"I did and she said, 'Silence gives consent,' and that ended it."

Bad Weather.
Passenger—What changeable weather you have in this part of the state.
Conductor—Changeable? If it had been changeable we'd have changed it long ago.

The board of health consists of three square meals a day.

Honest Advertising

THIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

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The Government this year is willing to pay increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature on the subject to the railway agent at the following address:

C. J. Stephenson, Room 415, 112 W. Adams Street, Chicago, Ill.
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OUR GROCER TOLD ME

After folks taste Post Toasties they don't like anything else.

Work Like Lightning

"As a borrower he's a wise guy." "What's that?" "He never asks a man the second time for a loan."

"That's what a fellow meant when he said he worked like lightning. He never strikes in the same place twice."

Happy Thought.
"What did that after-dinner speaker make you think of?"
"My good old bed at home."

Why is it a man can't walk slow enough for a street car to catch him, or fast enough to catch a street car?

After the Movie Stars in the Movies