Hints for the Home

Seasonable Recipes.

When sugar is high we learn economical devices, and we may gain some that will be of lasting value. In cooking and preserving fruits, if we get down to fundamental principles, we shall learn that in a large number of cases it is not necessary to follow the old rule of pound for pound or measure for measure. One-half a pound of sugar to a pound of fruit will do.

In making jellies one-half as much sugar as fruit will be all right in the case of crab apple, thorn apple, any apple, quince, and even grapes. If the sugar and juice are then cooked together in more than a glass or two at a time for twenty minutes only, never more, it may take it from twenty-four to forty-eight hours to set, but it will do it if we have patience and we have cooked the fruit right.

Right cooking of fruit for jellies means slow cooking which brings out the jellying principle or what is called pectin. Professional jelly makers sometimes allow two hours' time for fruits to reach the boiling point in order to develop this jellying quality. and they believe that rapid heating of the juice afterwards destroys its jellying power. It is the same with fruits as with cereals or soup meat, long cooking makes for the jellying process.

Always when a small quantity of fruit juice is cooked at a time, or a small amount of fruit pulp for that matter, less sugar can be used. A great many people have learned that they can make finer, handsomer jellies by cooking only one glass or at the most three at a time. With some fruit juices and an equal amount of sugar a cup or two only of each, only five minutes of gentle cooking is required after the boiling point has been slowly reached to cook them sufficiently. Cooked much more than this the whole will puff up and look as sugary as a thick syrup, which will candy when cold. A bit more and the jelly is spoiled, for the sugar commences to caramelize ,and spoils the flavor if it does not hinder the jellying.

Jams and marmalades are often much darker and stronger of taste, much of the true fruit flavor being lost, because they are cooked too long in large quantities. The fruit flavor is largely lost because caramelized sugar flavors as well as darkens all. It will caramelize unless the cooking is slow, which saves stirring often.

Jellies made with half the usual amount of sugar will never be stiff. Before paraffin is put over them they should be sponged over with brandy to kill any mold spores which may have gathered while they were setting. Stiff, or measure for measure, jellies, may be handled quite differently.

Cut Jellies.—Thorn apple, crab apple, quince, and ordinary apple jellies and undoubtedly some others may be made somewhat like the tropical jellies which come to us in an inch thick layer in wooden boxes. Any of these jellies may be cut in slices or squares and rolled in sugar to make a pure and handsome confection, purer and handsomer than any Turkish paste and more deliciously acid. Since we know that bread and jelly is not wholesome with bread and cake, we have here a way other than with meat and in syrup drinks for using them. The fruit should be cooked slowly, strained, and then success is surest if the juice is cooked in a small quantity with an equal measure of sugar. Cook over low fire until it begins to form large bubbles, then pour into a square mold to a depth of one inch. When cold cut in squares, roll in sugar, and pack carefully in sugar sprinkled box with paper between layers. The keeping qualities depend upon the jelly being kept dry and on how carefully the work was done.

Peach Marmalade or Jam. — Peach marmalade, especially when made in small quantities and cooked gently, may be made with only half the measure of sugar that there is of fruit, and be handsome and good. The waste in good canning peaches is rather small, perhaps not more than 10 per cent. in some cases, and not more than 20 in any. Make the syrup first by weighing peaches, estimating waste then taking half that weight of syrup, wetting it with one-fourth or one-third as much water as there is sugar, then stir over fire till dissolved and until it comes to a boil. Skim if necessary. Prepare the peaches quickly, cut in small bits, put in syrup, wash if you want to, and cook till stiff enough to jelly, stirring occasionally even if over the lowest fire. A pound of peaches will make three low jelly glasses of jam.

Gelatine Fruit Jellies. — Manufacturers of jellies use gelatines to economize on sugar. Most of the jellies so made, being scant of sugar, have to be treated in some special way or they will not keep. Usually they are coated with sugar. A layer of sugar over any jelly is superior to paraffin and keeps it as well. Pure gelatine being expensive, food manufacturers have purified ordinary glue for this work, but now they have found a better way. They use the sea moss agar-agar, which will do eight times as much work as the finest gelatine, jellies at higher temperature, is safer as food, and makes handsomer jellies. This is sold by all druggists and is also put up with the label, "vegetable gelatine." The latter is all ready for use, while the former has to be boiled. One method of making gelatine fruit jellies is to add sugar to a hot gelatine solution, then to add fruit juice to this mixture until it has the right taste. Less is required with agar-agar than with other gelatine because the former is tasteless. The jelly is clearer if it sets slowly. These gelatines keep a long time without breaking down.

Thorn Apple Jelly. — For those who can get the thorn apple a delicious and handsome jelly can be made by cooking it slowly and long. A few wild green crabapples add to the flavor and sometimes half barberries and half thorn apples are used.

Peach Meringue. — At this season many peach desserts—cobbler, short cake, dumpling—are found satisfactory, but not one of the three mentioned is good for the digestion because the acid of the fruit keeps the starchy part of the dessert from being at all digested in the mouth. A dessert equally satisfactory is the peach meringue, which may be made in individual portions or in a baking pan. Pare and cut the peaches in thin pieces, sprinkle well with sugar, and put in the oven until the fruit is thoroughly heated through. Beat up as many whites of eggs as needed—two will answer for a four person dessert—sweeten, spread over hot peaches, and brown in the oven or put under the broiler, not too near, to brown and puff up. The burners will be hot enough under the oven, if the gas is entirely turned off, to do this work, and the egg must not then be too near or it will blacken. Instead of heating the peaches they may be prepared in the same way, the white of egg spread over and browned.

Accidents will sometimes happen. The jelly ought never to have fire under it to allow it to boil up, much less over, but if it does boil over, or if any sweetened thing in the oven does the same thing, the caution should be taken to have doors and windows open, for the fumes from burned sugar more than cause present discomfort to the eyes; they actually injure them. Open the oven door and stand back, even if you lose a pie or pudding.

Home Hints.

If almonds are put into cold water and allowed to just come to the boil, they will blanch easily.

Cold boiled potatoes cut lengthwise and broiled are delicious, if served piping hot, with plenty of seasoning and butter.

A hot iron held just above the white spot on a polished table will remove it. Polish the place with a little sweet oil.

Fish may be scalded much easier by dipping in scalding water for a moment or two.

If you do not happen to have beeswax, salt and a few drops of kerosene oil will clean irons just as well.

Olives, stoned and chopped and mixed with fresh butter or heavy cream and cream cheese make one of the most delicious of sandwich fillings.

Steak one inch thick should be broiled from four to six minutes; lamb or mutton chops, broil six to eight minutes.

When buying mutton see that the fat is firm, clear and white; mutton with flabby or yellow fat has been in cold storage too long.

Rancid butter can be sweetened by cutting it into two or three pieces and allowing it to stand in sweet milk for six or eight hours.

To make chicken stock, cut an average sized fowl into pieces and cover with four quarts of cold water. Bring this to a boiling point and allow it to simmer gently for three hours.

To remove hot water marks on polished tables and trays, make a thin paste of salad oil and salt, leave it on the marks for an hour, then polish with a dry cloth.

To remove smoke marks from tinware, rub the tin with a solution of common baking soda and boiling water.

A great deal of trouble may be saved by soaking new curtains to be washed overnight in water in which a little salt has been dissolved. The salt draws the lime and makes the curtains easy to wash.

If eggs have boiled too hard, take the vessel from the fire and quickly place it under the cold water spigot. The shock of the change from hot to cold softens the eggs.

Heavy linen, which is practically fireproof, should be used for cooking aprons, and over cloths ought to be of a solid substance that does not catch fire easily and that singes even when burning instead of bursting into flames.

RECORD IN BRIDGE BUILDING

The Royal Canadian Engineers at Valcartier Military Camp

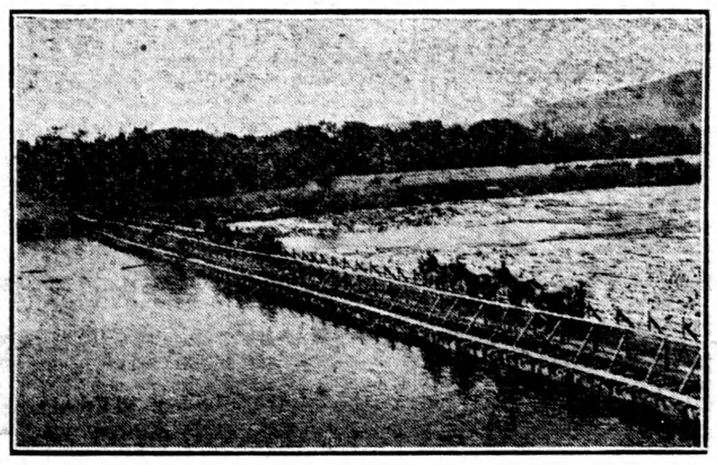
The history of the establishment of Valcartier military camp is a record of remarkable engineering achievements. Within a few days the Canadian Northern Railway transformed an insignificant flag station, serving a small Irish colony, into an important terminal point with twenty miles of railway sidings, giving a splendid impetus to the establishment of the camp and expediting the movement of the men and materials which went to make this city of thirty thousand souls.

Royal Canadian Engineers Carrying Pontoons into position.—Photo by courtesy of Canadian Northern Railway.

And now comes the news of a bridge-building record made by the men of the Royal Canadian Engineers, under the direction of Major W. Bethune Lindsay of Winnipeg. The Jacques Cartier River separates the main camp from the artillery practice grounds at the base of Mounts Ileene and Irene. Across this 350 feet of waterway the Royal Canadian Engineers built, within four hours. a barrel-pier pontoon bridge, capable of carrying heavy batteries. The Major and his three hundred men worked with that well-ordered efficiency which characterizes the efforts of the British-bred. The race for the record started with the Canadian Northern Railway. The materials—barrels, planking, etc.—were freighted on to the ground with remarkable despatch. The casks were made water-tight, the timber was made ready, the twenty-foot bank cut down to provide an easy grade for traffic, and the actual test was on.

There was never a hitch. One party of men lashed the barrels to the heavy planks, and, as soon as that operation was complete, another party lifted the pier and carried it down the bank. Another squad of men conveyed it on to the water, where it was taken in charge by still another party and floated out to the front line. The pier was drawn quickly into position, and as many men as could work with freedom soon had the flooring spiked down. The actual bridging commenced at eight o'clock; the span was complete at ten minutes after twelve. The extra ten minutes were accounted for by the fact that on one or two occasions passing bodies of other troops necessitated a temporary cessation of carrying operations.

Col. Burstall, Director of Artillery at the camp, visited the work during the morning and expressed his astonishment at the progress effected. Ordinarily it is a good day's work to throw a bridge of this class across a three hundred foot stream. Col. G. G. Maunsell, Director General of Engineering Service in Canada, who is attached to Headquarters at Ottawa, also paid close attention to the task and was vastly pleased with the result. Col. Morrison, Ottawa, of the Artillery Service, hurried a gun across the bridge when completed, establishing its efficiency at once. Without doubt the brother officers of Major Lindsay, in all branches of the service, were extremely gratified at the efficiency and despatch of the men making up the Royal Canadian Engineers at the big camp.



18-Pounders Crossing Pontoon Bridge to Artillery Practice Grounds.—Photo by courtesy of Canadian Northern Railway.

GERMAN MILITARY SYSTEM.

Details of Conscription in the Kaiser's System.

Kaiser Wilhelm's apparent faith in the strength of Germany's battle arm in the contest with three mighty nations is perhaps in no small degree founded upon the wonderful German military system, the like of which the world has never seen before.

On January 1 of the year of his 20th birthday every male German citizen must report to the military head of his district. If not excused because of some physical defect he serves two years in the infantry, or three years in the cavalry or artillery. For his services he receives a small compensation, hardly more than pocket money. Then he is transferred to the first reserve, which requires that he serve a month or two each year for a period of five years. The next five years are served in the "Landwehr," and he is required to drill at the order of the military authorities.

From the first class of the "Landwehr" the German soldier graduates into the second class, where he remains until he is 39. At that age he becomes a part of the "Landstrum" to be called out only in the event of great national need. At the age of 45 his military service ends.

The German standing army consists of about 600,000 men, and the first reserve about 1,500,000. The "Landwehr" totals 2,200,000, and the "Landstrum" brings the grand total to more than 6,000,000.

Organization details of the entire German fighting force have been worked out to such a detail that 6,000,000 soldiers can be summoned and fully equipped in an incredibly short time. Not only does such an army take the field as a thoroughly trained fighting machine, but there are munitions and supplies in the country's arsenals so that it is equipped in every detail.

Sweet Innocent.

Alice—Why are you taking up botany?

Kitty—Because my fiance is interested in a plant of some kind and I want to be able to converse intelligently with him about his business.

A Mistake Avoided.

"I say, old chap, I'm in shocking luck. I want money badly, and haven't the least idea where I can get it."

"Well, I'm glad to hear that. I thought perhaps you had an idea you could borrow from me!"

Has Her Own Way.

"Does your wife always follow your advice?"

"If she does she never seems to overtake it."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, OCTOBER 11.

Lesson II. The Last Supper. Mark 14. 12-25. Golden Text, 1 Corr. 11. 26.

Verse 12. Where wilt thou that we go and make ready?—The disciples assumed that Jesus would want them to prepare for the passover. They do not seem to be aware of the fact that Jesus had already made arrangements for eating the passover with his disciples.

13. Two of his disciples—All of the twelve could not have gone. They would have attracted too much attention. The whereabouts of Jesus must be kept secret, for the chief priests and scribes were after him. Could they have taken him without the intervention of Judas they would have done so and saved for themselves the paltry pieces of silver they had promised to give Judas. Luke names the two who were sent, namely, Peter and John (Luke 22. 8).

A man bearing a pitcher of water—Women were the water carriers in Palestine. A man bearing a water pitcher was a very unusual sight. He would attract attention at once. Hence the two disciples would have no difficulty in finding the one whom they were to follow.

14. Where is my guest-chamber?—My guest-chamber. The emphasis on the personal pronoun indicates that Jesus had already made arrangements with the master of the house. He spoke of the room as his in the sense that it was the one he had arranged to occupy for the time being.

15. He will himself show you a large upper room furnished and ready—The disciples were not to be left at the mercy of a servant or any one whom they might chance to meet in the house. Jesus had already arranged with the master himself about the room and directions thereto. Large, sufficient for all the disciples; upper, above the ground floor, where disturbance would be less likely; Furnished with table cushions so that they could recline as was customary at a formal meal.

17. And when it was evening—The usual time for eating the passover. But it is also suggestive to note that the night time is the peculiar time of evil deeds.

Cometh with the twelve—He came with them, rather than they came with him. If there ever was a time when he needed his disciples, it was now. Yet the emphasis upon his coming with them would indicate that the writer felt they needed his protection rather than he theirs.

18. And as they sat (reclined)—As they lay upon the cushions to partake of their food only a few of the disciples could be near him. In fact, only four were in close proximity.

Even he that eateth with me—He, not a particular disciple, but a table companion. Not the culprit is in Jesus's mind, but the awfulness of the offense. One who could sit at meat with Jesus in this intimate relationship and be a traitor—this, even to Jesus, was inconceivable.

19. Is it I?—As Jesus in verse 18 did not have the betrayer, but the act of betrayal, in mind, the disciples do not know who was meant. So they each in turn ask him the question, "Is it I?"

One by one — This expression would seem to leave no doubt that Judas also asked the question. Can it be possible that Judas did not realize the enormity of his act and in good faith asked whether he, too, would betray Jesus? One would like to think so, but it is hard to believe Judas was so blunted in moral sense.

20. One of the twelve, he that dippeth with me in the dish—In verse 18 Jesus said, "One of you," "he that eateth with me," "shall betray me." Now he says, "One of the twelve." The one of the twelve was no longer of the you of the inner circle. Although he had not yet gone out, he already had taken himself away from the intimacy, the fellowship, of the twelve. He was now only one of a number, not one of a fraternity. "He that eateth with me" is changed to "he that dippeth with me in the dish." Only three or four were near enough to dip with Jesus in the dish. Hence the range of the guilty one was narrowed.

21. Even as it is written of him—Compare Psalm 41. 9, "Yea, mine own familiar friend, in whom I trusted, who did eat of my bread, hath lifted up his heel against me."

Woe unto that man—When we hear Jesus say, "Woe unto you, scribes and Pharisees, hypocrites," we can see the heat of his scorn annihilate those whom he accuses as fire burns dry stubble. But when he says, "Woe unto that man," there is a depth of pathos which we cannot fathom. As later Jesus cried, "Father, forgive them, for they know not what they do," so now in like agony he cries out, "Woe unto the betrayer." There is no scorn, no bitterness. There is only pity and regret for Judas. No one felt the hardness of the human heart as Jesus did when he touched the heart of Judas. No one saw the blackness of the human soul as Jesus did when he looker into the countenance of Judas. Did their eyes meet? How could they? How could Judas face Jesus?

22, 23. And as they were eating—Not before or after they had eaten, but while they were eating, Jesus taught them the significance of the memorial. It could not be understood apart from the actual eating. The Lord's Supper will mean little as a theory or an explanation. It must be partaken of to be understood. The ten lepers were healed as they went (in the act of going) to do Jesus's will. So the Sacrament of the Lord's Supper has efficacy as a fact, in the actual observance thereof, and not in a declaration, merely, of its historical authenticity.

When he had blessed, . . . when he had given thanks—Jesus was in the mood of benediction and thanksgiving. There was no dark cloud on his brow as yet. Even in Gethsemane, where his attitude was one entirely of submission, his eyes were still clear and his face bright. Out of all this evil good would come. This is deep-seated conviction. Not that there must be evil for good to come, but out of evil that seemingly could not be avoided good would come. And could Jesus ever have had far distant from his mind the meaning of that hour and the hours that were immediately to follow? That he could be thankful at so extreme an hour was indicative of his close union with the Eternal and his understanding of that union.

24. Of the covenant—Some ancient authorities insert the word new before "covenant." Most men make wills. Dying men, if in possession of mental faculties as well as material goods, want to make proper disposition of their earthly effects before death. Jesus had no temporal acquirements. He had spiritual treasures. He, too, would make a will before his demise. But what he disposed of was an intangible entity that would never diminish as the years went on, and of which all men, if they were willing, could become the beneficiaries.

New in the kingdom of God—Jesus's death would be a complete transformation of the idea of the kingdom of God. Every vestige of the thought of a material supremacy would be left in the tomb. When he reappeared the ascendancy of the spiritual would be supreme.

Home Dyeing.

Has it ever occurred to you what a large number of things one can dye at Home, and in that way make quite a saving?

When on shopping expeditions, you have often noticed on the "Bargain Counters," remnants offered at ridiculously low prices. The reason for these low prices, was not by any means on account of the materials being of poor quality, but because the shades or colors were out of style; the materials often being of superior quality.

Now, these bargains could be taken advantage of, and by dyeing the goods, the colors could be changed to the most delicate shade of any of the fashionable colors popular at the time. And remember that it doesn't make the slightest difference whether the goods are wool, cotton, silk or mixed, as there are home dyes now that with the same dye, one can color cloth of any kind perfectly.

You may possibly have a dress that is hardly worn at all, but is out of fashion as to color and style. Here again, these single home dyes step in to help things out. Rip it up. Dye it a fashionable shade, and with new patterns make it up into a most stylish gown that will be the envy of your lady friends.

White summer dresses can be dyed delicate shades of any color by using these new home dyes very weak—say about an eighth of a package to about five gallons of water.

It is not alone to wearing apparel, that these improved home dyes lend their services. Portiers, couch covers, table covers, shade curtains, draperies, or in fact anything that is made of cloth can be made to look just like new.

Never try to color anything a lighter shade than the article is originally.

White or very light colored goods can be dyed any darker shades or any color.

Just as soon as you have decided what you are going to dye, you will want to know how much you will require. For the lighter shades, and for small articles such as ribbons, silk or cotton gloves, stockings, blouses, etc., one package as a rule will be sufficient. For heavy suits, coats, curtains, etc., it is best if possible to weigh your goods before they are wet and use a package to about a pound of goods.

Hard on Our Bards.

"Pa, why do they call them 'minor poets'?"

"Because they ought to be working with a pick and shovel, my son."