THE PRESERVATION OF FOOD

Some Interesting Facts for the Housewife.

Food spoils because germs grow in it. To prevent this growth of germs we put food to be preserved through a process that will kill the germs which spoil food.

Fruits and vegetables should be canned as soon as possible after they are picked. One of the causes of spoilage is letting them stand for several hours in a warm place, in bags or in covered containers. This is especially true of berries, cherries, peaches and other fruits.

It is best to can a few jars at a time. When a large canning is done, it is almost impossible to work so fast that some of the food does not have to stand for a long time.

Conditions may then arise which are suitable for the growth of these germs which later spoil the food. We find these to be due to several causes —some harmless to humans, some harmful. The harmless spoilage comes from molds and yeasts.

Food often and readily becomes moldy. In some cases, the food is completely spoiled; in others, the decomposition is not enough to make the food useless. These molds are floating in the air all the time, and are present on the surface of all fresh foods. They will sprout when conditions are favorable.

THE YEAST ORGANISMS.

When fruit juice stands for a few days, it begins to sour and ferment. The sugar changes to alcohol and carbonic acid gas. This change is caused by another group of organisms known as yeasts. They are present everywhere, and grow in and spoil sugary liquids, crushed fruits and jellies that do not have sufficient sugar, as in products containing from one to sixty-five per cent. sugar.

More sugar than 65 per cent. prevents their growth. This is the reason for syrups, jellies, candies and marmalade not spoiling readily, since they contain enough sugar to prevent molding or fermentation.

Leaky jars become infected with yeast cells from the air, and the housewife thinks the loss is caused by the entrance of air. It is in reality caused by yeast cells coming in with the air. Air alone will not cause souring.

The spoiling of jars or cans of fruit usually means imperfect sealing and leaky containers into which yeasts or molds enter after sterilization. As the jars or cans cool after sterilization, the contents contract forming a vacuum through which air with mold and yeast cells is drawn if the container has a small leak.

Yeasts and molds are relatively harmless and are killed by the temperature of boiling water. Bacteria, which are our third group of germs that spoil food, are even less resistant —except the disease producing kind that are very harmful.

This does not apply to foods high in acid content because bacteria will not grow in the presence of much acid and are more easily killed in acid foods.

THE POISONOUS BACTERIA.

Bacteria in canned vegetables may form extremely poisonous compounds. Some of these cause food poisoning and botulism.

It is therefore necessary that such foods be carefully selected and packed, and thoroughly sterilized so that all germs are killed, and poisoning will not occur

The temperature necessary for such sterilization depends primarily on the germs to be destroyed as well as on the composition of the food. Foods high in acid are easily sterilized; those low in acid are difficult to sterilize, as vegetables of low acidity, such as peas, corn, pumpkins and beans.

This group may readily be sterilized by heating in cans or jars in boiling water for one hour on each of three successive days.

Between the first and second heating, most of the bacteria spores that have survived the first heating will germinate because of the softening effect of the heat.

These will be very tender and will be easily killed when the second heating takes place. The third heating will kill all the spores left from the second heating.

Food should not be packed too closely when it is to be sterilized in the hot water bath. The cans should be so packed that when the hot water is added, it will penetrate and circulate among the contents. If the vegetables are too tightly packed, the heat may not get to the centre of the jar and destroy the organisms there.

Use hot water in filling the cans. The hotter the contents when it goes into the sterilizer, the quicker will the material heat through.

When the cans are removed from the sterilizer, they should be closed immediately to prevent entrance of air. Turn upside down to detect leakage. When they have been washed and labeled, store in a cool, dark place to preserve the color.

Remember, the reason for all this fuss in canning is to be sure that the foods are free from all germs that will spoil the food after the cover is clamped on the jar and put away for winter consumption. Care in sterilization, from pick of the things to be canned through the steps of heating and packing will assure foods that will keep their flavor, color and body for years.

Carlessness means spoiled food that causes waste and possible illness.

A tribute to the late Rt. Hon. William F. Massey, prime minister of New Zealand, was the great mass of beautiful floral wreaths pyramided over his grave.

The Care of Milk in the Home.

Milk should always be kept clean, covered and cool. These three points are as important to the producer as to the consumer. Regardless of how well milk has been handled and cared for till it is delivered to the consumer, it cannot be expected to remain sweet and have a good flavor if it is carelessly handled in the home.

In most towns and cities, milk may be purchased in bottles. This is the best way of buying it. The dairyman who bottles his products should be encouraged by the use of his milk, other conditions being equal. Milk in bottles is more easily kept clean and cool during delivery and is more easily handled in the home.

PASTEURIZATION.

Milk may carry the germs of tuberculosis, diphtheria, typhoid and scarlet fevers. The simplest way to destroy such germs is by pasteurization. This is simply a scientific parboiling. In modern community milk supplies pasteurization is always employed and is a sanitary safeguard that should never be neglected where the health of a community is valued.

If milk is not efficiently pasteurized at the dairy, the housewife can and should do it herself with a saucepan or double boiler and a dairy thermometer. The milk is heated to a temperature of 145 degrees Fahrenheit and held at this temperature for thirty minutes but not boiled. The milk should then be chilled and kept cool until consumed. Pasteurized milk is just as reliable, just as nutritious and much more safe than raw milk. There is no more objection to the process than there is to the cooking of meat.

Where milk must be purchased in bulk, not in bottles, it should be measured into a clean glass jar with a glass lid but with no rubber. This jar should be used for no other purpose than receiving milk

Milk should be kept at a temperature below 50 degrees Fahrenheit. Clean milk will keep sweet at this temperature for 24 hours after it reaches the consumer. Often milk is delivered as early as 4 o'clock in the morning and remains in the sun until 8 or 9 o'clock. This is a bad practice and milk so treated cannot be expected to remain sweet. If the milk cannot be brought into the house soon after delivery, a covered box or sheltered place should be provided and the delivery man asked to leave the milk there. A rise in temperature of milk for a short time will cause the development of bacteria leading to early souring, while the growth of bacteria is held in check by keeping the milk cool.

In the household refrigerator the milk should be kept at the bottom of the refrigreator, for cold air settles rapidly. If for any reason milk does not stay sweet in the ice box during hot weather, it is often advisable to place a thermometer inside and close the door for a few minutes. If the temperature is more than 50 degrees Fahrenheit the fault cannot be laid entirely to the quality of the milk. A great many refrigerators are poorly built and will not cool foods placed in them.

When milk is placed in the ice box it should be tightely covered to prevent the absorption of odors. Milk bottles have been exposed to much handling and to dust during delivery that it is wise to rinse the mouth of the bottle before milk is poured. After the cap has been removed, it is better to cover the bottle with a glass tumbler before replacing unused portions in the ice box.

Where ice is not available during the summer, milk should be kept in the coolest place in the house during hot weather. It will keep sweet longest in a covered vessel resting in a shallow pan of cold water and covered by a clean cotton cloth whose edges hang down into the water. This keeps the cloth wet and promotes evaporation which helps to keep the milk cool.

These are a few suggestions on caring for milk in your home. They should interest everyone, and they will help your milk dealer to supply good milk for home use

Milk is the best single food—but it requires care in the home.—R. G.

The Reason.

"You know I would be quite a marksman if it weren't for my husband."

"Why, how does he interfere with your marksmanship?"

"Well, he ducks every time."

A Corsage for the Cook.

Time was when my hands and arms were frequently hurt and made to look uglier than was their wont by coming in contact with hot pans and kettles. Aprons and dresses, too, were often injured. That was before I learned the value of good lifting pads and a handy towel on which to wipe soiled fingers.

A trim little teacher of domestic science taught me the value of what I would term a corsage for the cook. She had as a part of her cooking equipment three of these hand and clothing saving units.

And—they were not easily laid aside, or dropped to the floor. A pad for lifting, a towel for her hands and a cloth for dish wiping were attached to tapes which she had fastened to one large safety pin and thereby to her apron belt.

Of course, it would be perfectly all right to use two holders if you want to or to arrange a corsage to suit your own fancy. Such an arrangement is to be recommended for the young inexperienced cook especially. —L. H. L.

Beware of stove polishes which contain benzine or any other inflammable liquid. Many serious accidents have resulted from their use.

THE HABITS OF CHILDREN

The Home is the Workshop Where Habits Form Character.

"Habit" is such a common, everyday sort of term that it hardly seems necessary to discuss it at all. It is in the very fact that habits are so commonplace that the fundamental importance of forming right habits in early lift is minimized or overlooked altogether.

Such is the gist of an article by Dr. D. A. Thom, director of habit clinics in Boston. Dr. Thom says that the health, happiness and efficiency of the adult man and woman depend, to a very large extent, on the type of habits they acquire from their training and experience during early life.

Habit is the tendency to repeat what has been done before. One develops not only habits of acting, but habits of thinking and feeling. Habits in regard to the care of the body—eating, sleeping, eliminating, bathing —are easily formed and vitally affect health. Our manners are a collection of habits; we do a rude or a courteous thing almost without stopping to think. If we did not learn the muscular movements which become habitual through repetition, we could never play the piano, run a typewriter, or gain skill in athletics.

If you do not think habit formation is important, just put your right hand in a sling for one day and then try to do with your left hand all the ordinary things—such as writing, counting money—that your right hand has been in the habit of doing.

FORMED IN EARLY LIFE.

The morals of most of us, our attitude toward drinking, the taking of others' property, or the problem of sex, as well as toward other people, whether sincere or deceitful, friendly or antagonistic, are, to a large extent, the result of habits of thinking, formed in early life. Most of our prejudices are the outcome of habits of thinking formed in childhood. Many persons, during childhood, develop a feeling about racial and religious differences which may lead in later life to intolerance and hatred toward their fellowmen. This same attitude of mind is seen in children toward their playmates who have the misfortune of being orphans, or toward the child whose mother is a scrubwoman, or whose father is a garbage collector. Care should be taken to see that children are early taught kindness and consideration for those less fortunate, for unconsciously they will form their attitudes from the home atmosphere.

COMPLEX MENTAL LIFE.

A child has a mental life far more delicate and complex than his physical body, far more difficult to keep in order and much more easily put out of adjustment. A child lives a real mental life, full of hopes, ambitions, doubts, misgivings, joys, sorrows, and strivings that are being gratified or thwarted much the same at 3 years of age as they will be at 30. The home is the workshop in which the character and personality of this individual are being moulded by the formation of habits into the person he will be in adult life.

All these tendencies toward thinking and acting in certain ways, which are called habitual, are the outgrowth of training and experience. They are not inherited. We begin to form habits at birth and go on through life forming them quickly and easily in youth and more slowly and with difficulty as the years advance. The oftener the act is repeated or the thought is indulged in, the more lasting the habit becomes. Since habit formation begins early and is more or less constant throughout life, it is of great importance that emphasis be placed on the establishment of desirable habits.

A young child has certain characteristics that make the acquiring of new habits easy. For one thing, he is suggestible; that is, he accepts without reasoning about it anything which comes from a person he looks up to. "My father said so," or "My mother did it," makes a thing absolutely right for a little child.

Again, a child naturally tends to imitate the words, actions and attitudes of the people around him, and this makes it of the greatest importance that older people furnish him the kind of models they want to have copied. Furthermore, a child wants to please those he loves and wants to have them say so.

At first it is only father or mother or someone in the immediate family whose good opinion he wants. Then it is the kindergarten or school teacher. Finally, at 9 or 10, the praise or blame of his playmates or of the gang leader concerns him more than anything else. When this stage is reached, parents should not be disheartened and think that their boy is developing into a black sheep. It is a perfectly natural stage which children pass through and which calls only for greater care in the selection of wholesome companions.

DEVELOPING RIGHT CONDUCT.

This attitude of concern regarding what other people think is a force that parents may use in developing right conduct. Rarely is a child found who does not care for the approval of someone, and training should make a child realize that it is to his advantage to win approbation for desirable acts. Praise for unselfishness, kindness, and general consideration for others tends to perpetuate that type of conduct.

Some parents play on a child's natural sympathy for others until it becomes like a worn out elastic band which has been stretched till it is useless. "Don't make a noise; mother's head aches," may make a child sorry for mother at first, but if it interferes with every bit of happy play he has he soon learns to be hard-hearted about it. On the other hand, real sympathy for others, which is one of the finest qualities of personality, may be developed by training and form the basis of a habit of kindness and understanding which will last throughout life.

She—"Do you believe in this theory of relativity?"

He—"What d'y'mean? That y'want t'be a sister to me?"

The best thing we have heard about the state of affairs in Russia is that the telephone girls, in answering calls, address you as "Comrade." Could anything prove more satisfactorily the fact that the Russians have actually humbled the haughty ones of the earth?

Food for Thought.

Just a little simple story, but in it there is food for thought.

The family were at their summer home at the seaside and little Charles, an only child, was delighted to have other children to play with. One day he transgressed in something and Mother told him that to make him remember another time, he must stay in their own dooryard all day and not go to the beach to play with the other children. He recognized the justice of his sentence and acquiesced in it quite cheerfully.

For a while he amused himself with his ball, then, hearing the merry shouts of his playmates on the beach, he went and sat on the doorsteps with his head in his hands and murmured to himself, "I wish I was there, I wish I was there." Then he walked back to the gate, listened, came back to the steps and sat down again very dejectedly. After a few tears had trickled through his fingers, nearly breaking the heart of Mother who chanced to pass by, and almost deciding her to remit the small boy's sentence, Charles again went to the gate and climbed up on it. From this vantage ground he could just see the heads of his playmates. It was too much for him. He burst open the gate, exclaiming, "I can't stay!" ran to the beach as fast as his sturdy legs would carry him and joined the children.

When he came home Mother said: "Charles, I shall have to punish you."

"Yes, Mother," came very faintly.

"I saw you when you went first to the gate, and I saw you when you ran to the beach."

"Where were you, Mother, when you saw me?"

"I was at the window."

"Well, Mother, before you punish me may I ask you a question?"

"Certainly, my son."

"Why didn't you tap on the window, Mother, and help your little boy?"

Removing Pinfeathers.

In cleaning chickens I have found that a strawberry huller is a very useful thing in removing the pinfeathers. —M. S.

If you would avoid misunderstandings and perhaps quarrels, do not be too inquisitive.

ECLIPSE FASHIONS
Exclusive Patterns
by Hazel Bayne

CHARM AND FLARE HERE UNITE.

Consistent with the junior's tendency to imitate her "grown-ups" as far as fashions are concerned, is her adoption of the two-piece frock as expressed in this version of the suspender skirt and blouse. The material of the skirt is powder-blue flannel, and the deep oval neck-line, large armholes and top of the patch-pockets are bound in a darker shade of blue. Blue and white dotted muslin was used for the blouse, having short raglan sleeves and round boyish collar opening in front. Sizes 8, 10, 12 and 14 years. Size 10 years requires 2 yards of material for both the blouse and skirt, 32 or 36 inches wide. Price 20 cents.

Our new Fashion Book contains many styles showing how to dress boys and girls. Simplicity is the rule for well-dressed children. Clothes of character and individuality for the junior folks are hard to buy, but easy to make with our patterns. A small amount of money spent on good materials, cut on simple lines, will give children the privilege of wearing adorable things. Price of the book 10 cents the copy. Each copy includes one coupon good for five cents in the purchase of any pattern.

HOW TO ORDER PATTERNS.

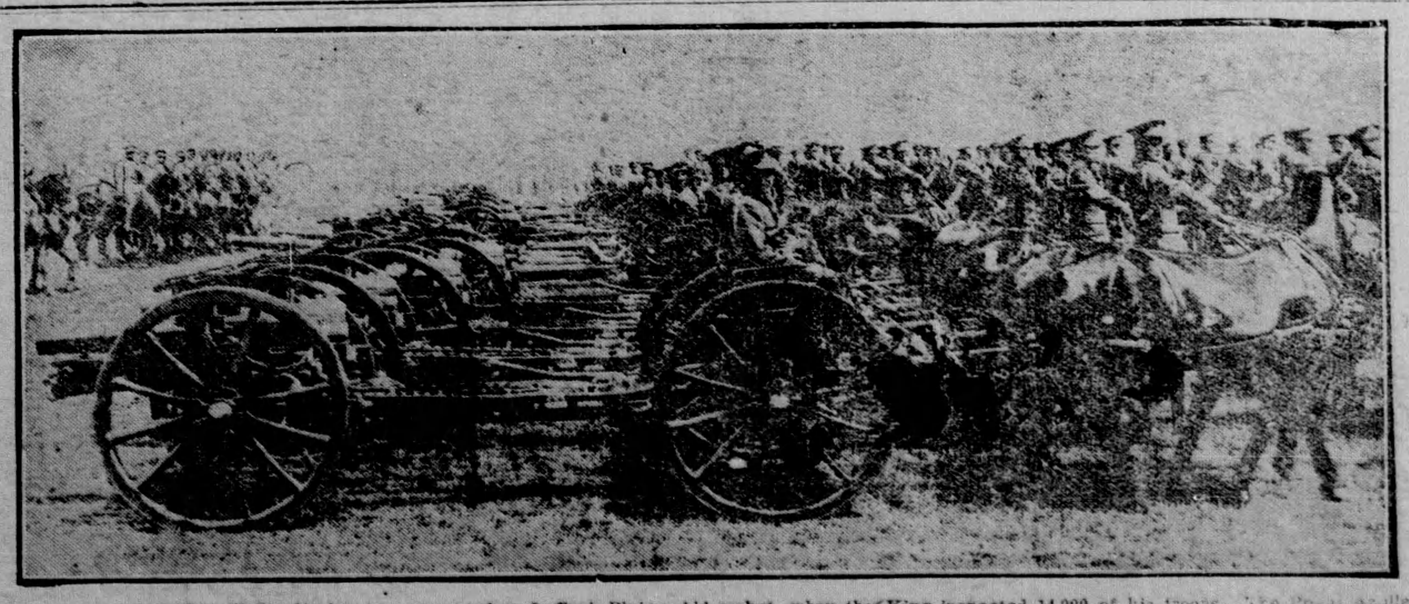
Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

Exports of Butter and Cheese.

From statistics given in the most recent News Letter of the Dominion Dairy and Cold Storage Branch, it is gathered that in the twelve months ending with April this year, 25,062,757 lbs. of butter valued at $8,904,924 were exported from Canada, compared with 13,611,902 lbs. valued at $5,090,883 in the previous year, an increase of 11,450,855 lbs. in butter and of $3,854,041 in money. Of cheese there were exported in the twelve months ending with April this year, 127,406,600 lbs. valued at $24,267,169, compared with 116,677,100 lbs. valued at $23,388,924 in the preceding year, an increase of 10,729,500 lbs. in cheese and $878,245 in money.

Every farmer boy is a man in the making. No right-minded man is satisfied unless his boys and girls turn out better than he himself has done.

To make the best sweet clover pasture, keep plenty of stock on it.



A spectacular military display was presented on Laffan's Plains, Aldershot, when the King inspected 14,000 of his troops. The Royal Artillery is shown passing the saluting base.