

## Household Suggestions

## The Best of It

When others like to frown and pout,  
To sulk and all the rest of it,  
Still in the heart shall peace have part,  
And gladness be the guest of it.  
With work and play, drive care away,  
Light hearts can cheer the darkest day,  
If we but make the best of it.

When fortune turns and rudely spurns  
Each effort—makes a jest of it,  
When life is pain and labour vain,  
And vanished is the zest of it,  
The battle goes, sometimes, to those,  
Though weaker than their haughty foes,  
Who bravely make the best of it.

When love has fled and joy is dead,  
And empty is the nest of it,  
How find relief from cruel grief,  
And whither go in quest of it?  
Bring heart and mind to serve mankind,  
In helping others, healing find,  
Have faith, and make the best of it.  
—Juliet Older Carlton.

## Home vs. Commercial Canning

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Shall we, or shall we not labor during the heat of summer to provide fruit and vegetables out of season in winter?

Is there an opportunity to save time, save money, save health, satisfy tastes through better utilization of a neglected source of variety in the diet?

Do we, in transforming fresh fruit and vegetables into the canned product, save or satisfy?

Have we counted the cost of planting, cultivating, and harvesting?

Have we added to that the cost of fuel and the cost of labor to determine whether the homemade product saves money and gives an honest living wage to the worker?

Or are we satisfying that craving for evidence of labor perhaps an intellectual inheritance from an older time when woman's work was measured by her stores in preserves and textiles made by hand?

Each housewife must answer these questions for herself. To most of the farm homes, the questions should be very important, as the value of woman's work on the farm is of equal importance with that of her husband.

Letters from intelligent thoughtful farm women state: "The farm woman does not have fruit and vegetables in abundance unless she raises them. Often she cannot buy them and if she could she does not have the money and so goes without. It is doubtful if it will pay any woman to buy these products and can them. What I want is to see the farm woman live better and get better health for herself and family."

A careful study of material bought in the open market with a careful record of the cost of fuel and labor at 25 cents per hour has shown that the town or village woman who must buy her raw products rather than gather them from her garden will do well to confine the bulk of her work to preparing the unusual in the way of preserves, marmalades, jellies, and fruit juices depending upon the commercial product for the bulk of her canned vegetables and more common fruits.

In the home canning, if the work is done a few cans at a time using the excess gathered for daily use, the extra work will not seem great and in the course of the summer months, an abundant supply may be secured for winter use. Even though the lust for accomplishment may be great, no more than enough for the one year should be prepared, for fruits, preserves, and jellies seldom improve by keeping.

If we will keep a record of our time and the cost of materials we can decide for ourselves whether it is cheaper to put up fruit and vegetables in the home or to save at some other point and buy the commercial product.

## Apple Recipes

The recipes given below will no doubt be read with a great deal of interest by the housewives of this city and district as they have all been carefully tried and tested before being placed in the *British Col-*

umbia Fruit Booklet, a copy of which may be had by any housewife by addressing W. E. McTaggart, the B. C. Fruit Markets Commissioner, at 328 A. Eighth Ave., W. Calgary.

**Apple Croquettes**—Pare, quarter and core enough tart apples to make a pint; place in a saucepan with one small tablespoon of butter, and if the apples are not juicy, a few tablespoons of water. Cover and stew gently until tender, then press through a sieve. Return to the fire and add sugar. Add one tablespoon of cornstarch and one-fourth teaspoon of salt, mixed to a thin paste with cold water; stir until thickened, cover and cook slowly for 15 minutes. Turn out on a greased dish and set away until cold. Form into tiny croquettes, roll in bread crumbs, dip in lightly beaten egg, then roll again in bread crumbs and fry in deep fat; drain on unglazed paper and serve with roast pork or roast goose.

apples into eighths, then slice the eighths, and stir into the batter. Drop by the spoonful into hot deep fat and fry until delicately browned; drain on brown paper and sprinkle with powdered sugar.

**Fritter Batter**—Yolks of two eggs, well beaten; add one-half cup of milk, one tablespoon of olive oil, one saltspoon of salt, and flour enough to make a drop batter. When ready for use, add the well-beaten whites of two eggs.

## As Good as New

**To Clean Hardwood or Stained Floors**—Sweep thoroughly and dust, then rub with an absorbent flannel cloth wet with kerosene.

**To Clean Windows**—Two tablespoonfuls of kerosene added to a basin of water with which the windows are to be washed, will make them beautifully clear, and easier to polish.

**To Clean Porcelain Bath Tubs**—The ugly black stains around the sides of the

**To Remove Wagon Grease from Cloth**—Rub with lard or unsalted butter, then after fifteen minutes wash out thoroughly with hot water and soap.

**To Remove Grease Spots from Silk**—Place a piece of blotting paper under the spot on the silk. Scrape French chalk over it; lay a piece of thin paper over the chalk; press with a warm iron and the grease spot will disappear.

**To Clean Decanters and Water Bottles**—The easiest way is to take two tablespoonfuls of vinegar and one of salt, and shake around for a few minutes, then rinse with clean water.

**To Clean and Brighten Gilt Picture Frames**—Rub over the frame water in which onions have been boiled. It will remove dust and specks and brighten the frame.

**To Remove Egg Stains from Silver**—Apply table salt with a wet cloth, and they will quickly disappear.

**To Clean Oil Paintings**—A slice of Irish potato will clean oil paintings without injury, and dipped in soda is excellent to brighten silver.

**To Clean Willow Furniture**—Use salt and water. Apply it with a stiff brush. Scrub well and dry thoroughly.

**To Set Colors in Wash Goods**—Add a handful of salt and two tablespoonfuls of turpentine, to three-quarters of a pail full of warm water. Put the material in, and let it remain until water is cold. Do not wring, but hang on the line, and let it drip dry. This will set the color permanently.

**To Remove Grease from Woolen Goods**—Saturate a small piece of white cloth with benzine and rub the spot until it disappears. This will not injure the goods, and is easy to use. Be careful and not let the benzine come in contact with the fire, as it is explosive.

**To Remove Grass Stains**—Saturate the spot with alcohol, then wash with clear water.

**To Remove Scorch from Colored Goods**—When pressing a colored dress and you have the misfortune to scorch it, take a silver coin, lay it flat on the scorched part and rub it briskly, and you will find the scorch disappears.

**To Remove Wine Stains**—Cover the stain with salt while wet, moisten with boiling water and then pour boiling water through until the stain disappears.

**To Remove Iodine Stains** Either from the Skin or Linen—Use common household ammonia.

**To Remove Mildew**—Wet the goods, rub common brown soap on the spot, and scrape white chalk on it. Brush off the chalk when dry.

**To Clean White Straw Hats**—Dissolve five cents' worth of oxalic acid in a glass of water and scrub the hat with a nail brush, after it has been thoroughly freed from dust. Then rinse in clear water and dry in the sun.

**Black Chip Hats** may be made to look like new by wiping with an old, soft silk handkerchief, followed by a light application of pure olive oil.

**To Clean White Plumes**—To clean a white plume, make a paste of gasoline and flour. Dip the plume in it repeatedly, drawing after each dipping lightly through the fingers, so as not to injure the plume; then shake out of doors until the gasoline has evaporated. The flour will shake off and the plume will even retain its curl and original fluffiness. If the plume does not come out white the first time, repeat the process.

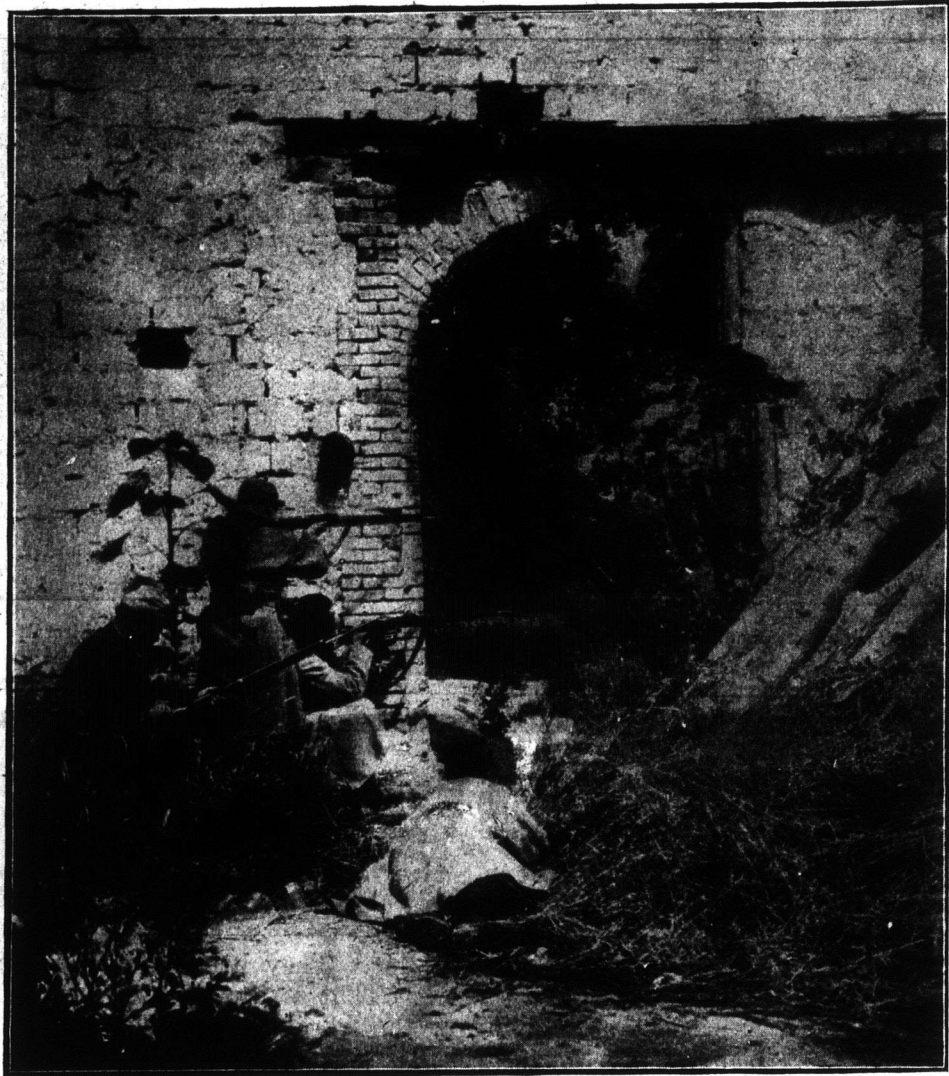
**To Clean White Felt Hats**—Milliners use the soft inner part of a stale loaf of white bread. It does the work perfectly.

**To Renovate Black Silk**—Sponge with cold tea to which a little ammonia has been added; then iron on the wrong side with a moderately hot iron.

**To Cleanse Gloves**—Dampen a good-sized piece of white cloth or flannel in sweet milk; then rub on a little white castile soap; apply as rapidly as possible to every part of the glove, after putting it on the hand; then rub the glove with a clean, dry flannel, which will restore the original polish.

**To Remove Stains from Table Linen**—Pin the linen over a dish with clothes pins, and pour boiling water over the stain until it disappears.

**To Remove Ink Spots from goods of fast color**, put one or two drops of oxalic acid on the spots; rinse in several waters and finally in ammonia. From colored goods, wet the spots with milk and cover with common salt. Let stand some hours, then rinse in several waters.



French scouts near La Bassee. A German in his advanced outpost, from where he communicates by phone with the advanced German trenches. From behind an ambuscade formed by the wall of a ruined French castle, they take shots at the German lookout.

**Apple Float**—A simple desert may be made as follows; beat the whites of four eggs to a stiff froth, add four tablespoons of white sugar and beat until dry. Grate two large tart apples into the egg mixture, a little at a time, beating all the time. Have a large dish partly filled with plain cream. Drop the apple and egg mixture by the tablespoonful over the surface of the cream, and dot with candied cherries.

**Apples with Fried Onions**—Peel onions and slice. Fry in fat until a rich brown; drain on soft brown paper. Fry unpared quarters of apples in the fat left from the onions. Arrange apples in a border on a platter; fill centre with fried onions and serve hot.

**Fried Apples**—Quarter and core five apples without paring. Put into a frying pan and melt beef drippings in it; when hot lay a layer of apples in, skin down, sprinkle with brown sugar, and when nearly done, turn and brown; place on a platter, and sprinkle with sugar; set in hot oven and continue frying apples one layer at a time.

**Apple Fritters**—Mix and sift one and one-third cups of flour, two teaspoons of baking powder and one-fourth of a teaspoon of salt, add gradually, while stirring constantly two-thirds of a cup of milk and one egg well beaten. Wipe core and pare and cut two medium sized sour

tub disappear like magic when wiped with a soft cloth moistened with kerosene.

**To Clean Brass Candlesticks**—Use the simple, old world remedy of sour milk and salt, and they will look like new.

**Washing Fluid** which will save half the washboard labor and not injure the clothes: One can of Babbitt's potash; one ounce salts of tartar; one ounce ammonia one ounce borax. Dissolve all together in an earthen dish in a pint of warm water pour on four quarts of boiling water and when cold put in glass jar for use. Use one half cupful for a boiler of clothes in cold water. Let them come to a boil then wash.

**To Cleanse Blankets**—Dissolve two large tablespoonfuls of borax and a pint of soft soap in a tub of cold water; place the blankets in the tub and allow them to soak over night; next day wash and drain them; rinse in two waters and hang them to dry, without wringing, and they will look like new.

**To Cleanse a Smoky Lamp Chimney**—Apply a few drops of alcohol; this will remove all traces of greasy smoke which soap and water will not.

**To Remove Iron Rust**—Place the fabric over a cup of warm water, apply muriatic acid, with a small soft brush, and the iron rust will disappear; then rinse in two or three changes of water, and hang out in the air to dry.