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MUST WATCH FOOD

HOUSEKEEPER'S RESPONSIBILITY IN THE HOT WEATHER.

Almost Every Variety Will Quickly Spoil Unless Especial Care Is Taken—Points of Importance Worth Remembering.

An additional responsibility is brought to the housekeeper in the hot season, writes Mrs. Christine Frederick in the Chicago News. She must pay greater attention to her food supplies and the way they are kept. It is in periods of high temperature that all foods, and particularly meat, milk and fruits, are likely to spoil and decay.

The laboratory is not so far distant from the kitchen and, indeed, the best housekeepers are those who make a laboratory out of their kitchen and follow in it the principles that science has proved. It is undisputed that there are minute organisms or bacteria in the air which feed on our foods. There are also in the foods themselves certain substances which, while not alive, are the products of living things and which cause fruits to ripen, seeds to grow, etc.

Both these causes result in deterioration or decay of the food unless they are prevented. Bacteria of various kinds and allied plant organisms like mold attack and break down food tissue, causing the food to become unfit for use. Now, there are about three ways in which the housewife can prevent food from deteriorating:

1. By keeping the food in a low temperature, as with the icebox, etc.

2. By sterilizing and killing the bacteria by means of a high temperature.

3. By the use of certain preservatives, as sugar, salt, vinegar, spices, etc.

The first means entails constant supervision of the refrigerator. Newspapers should not be used on the shelves or on the ice, as this prevents proper circulation of air and may cause the box to become bad smelling and damp, the very conditions under which bacteria flourish most. It should be kept clean and foods properly placed in it. Overripe fruit, hot or even warm foods, strong smelling foods, like onions and bananas, should never be placed in the box. Small quantities of leftovers should be covered with glass or agate saucers and only glass, china or agate should be used in which to lay away food.

The second point can be followed by cooking a quantity of food which seems to be on the point of spoiling. A box of berries can be saved by stewing with sugar. Milk which undoubtedly would not keep until the next morning will be satisfactory if scalded. Many other foods which might become subject to mold or spoliation can be saved by being thus cooked or sterilized and perhaps canned temporarily.

Salt, sugar and vinegar are helpful, natural preservatives. Their addition to many fruits and vegetables will make them "keep" several days longer than if they were not used. For instance, beets, string beans, cucumber, etc., which in warm weather cannot be allowed to stand over night unless in a very low temperature, will be perfectly preserved if covered with a weak solution of vinegar or brine. Soups and all twice cooked foods like stews, etc., are particularly likely to ferment and should be watched carefully. All containers of food must be allowed sufficient air and not closed when the foods are still warm.

New Tea.

A beverage that is indorsed by science as being perfectly harmless is known as mate. Unlike ordinary tea, mate is improved by boiling, and the same handful of herva, or prepared mate leaves, can be used for two infusions and the second may be better than the first. It is a tonic, a stimulant and a diuretic. It is especially desirable for those who wish to counteract the consequences of physical or mental work.

Fruit Conserve.

Two quarts of cherries pitted, two quarts of gooseberries, one quart of red raspberries, one pound of seeded raisins, three oranges cut in pieces, leaving rind on; one lemon, juice only, three-quarters of a pound of fruit. Boil half an hour or more and put in tumblers. Prepare the fruit and sugar over night. By morning the sugar is dissolved.

Nutmeg Cookies.

Mix two cupfuls of sugar, three-fourths of a cupful of butter, two thirds of a cupful of sour milk, nutmeg enough to flavor, two eggs, a teaspoonful of soda and enough flour to roll. Roll out thin and bake in a quick oven.

Mussel or Clam Salad.

Wash, boil five minutes, remove heads and black membranes, dip in melted butter, salt, pepper and lemon juice mixed, set in ice box one hour; serve with lettuce. French dressing and minced parsley, cress or cucumber.

Dyeing Rags for Rugs.

When dyeing rags for home-made rugs, tie the bunches of rags tightly round before dipping in the dye. This will give intervals of rags without color, and the effect when woven will be greatly admired.

To Keep Meringue From Falling.

To keep meringue from falling, add to it a saltspoonful of baking powder just before putting the meringue on the pie.

When She'll Get It.

Boarding House Servant—The landlady says she would like to have some money when it is convenient.

Hardup Boarder—Tell her not to worry; that's when she'll get it.—Answers.

Ladylike.

"She's so ladylike."

"Yes indeed. Even her own brothers have never heard her swear."—Detroit Free Press.

HEROES OF FIELD KITCHEN

Ranked as Noncombatants, Men Who Feed the Soldiers Are Constantly Facing Death.

Often, when the death struggle is at its height and a condition approximately chaos exists in the immediate rear of the battling armies, the fighting man's waste of energy and strength is repaired through the medium of that unique vehicle, the field kitchen. No one who has not campaigned with troops enjoying the comforts of the field kitchen can appreciate how much it makes for gustatory satisfaction, and how it promotes that elusive and highly important fighting factor—morale.

One winter's night in Poland, after spending the day watching wave upon wave of gray-coated soldiers roll up and break against the Russian trenches and entanglements, I was making my way back to a field hospital where I was a guest when my eyes caught the twinkle of a long row of lights that wavered above the road. The lights were moving slowly but steadily toward the battle front. Soon the grate and rattle of the iron boilers sounded clear in the frosty air, helping me to recognize a train of field kitchens bumping along the frozen road. The brazier chimneys flared and I whiffed a fragrance of potherbs and boiling meat.

I knew from personal observation that the enemy were deluging a particular turn of that road with six-inch and three-inch shells. At that very moment one could see them exploding in groups of four. On went the field kitchens, each with a driver muffled up to the eyes against the Russian cold, lumbering into the danger zone. Into the valley of death that train of field kitchens was most certainly riding. Cannons to left of them and cannons to right of them most assuredly thundered. All the rest of Tennyson's lyric eulogium might apply to the patient drivers.

I watched in admiration as the kitchens rolled onward, speculating upon the thoughts of men who thus went into battle. Such men were classed as noncombatants. Their function was to feed the fighters—essentially a noninspiring role. Theirs was none of the glory of battle; yet the character of their courage stood the severest tests. What the presence of these kitchens meant to the battle-beaten battalions cannot be measured in words. I am tempted to say that the resistance of a present-day fighting army is in direct proportion to the efficiency of its field-kitchen train.—Greenville Fortescue, in Saturday Evening Post.

Motorman a Modern Atlas.

Got any old thing you want lifted? A piano, gas range, front stoop, woodshed, bureau or mortgage, or a relative who's overstaying his leave, or anything like that? If you have, just write to Frank Green, motorman at the car barns, and he'll not only lift them, but toss them any place you say. The other day he lifted a horse weighing 1,350 pounds, about 20 feet in the air. Frank, who weighs only 135 pounds, did the lifting with the assistance of a derrick. He placed a canvas belt around the astonished horse, connected with a belt that circled his own waist, and then stepping into a frame rigged up for the occasion and connected with the derrick, gave the signal for the derrick men to haul away, the horse's dead weight being suspended from the motorman's waist. "Did you do it on a bet?" Green was asked. "Nix. I did it just for fun. I like to lift heavy things. Little things like wagons and motor cars blocking the tracks don't bother me. I just toss 'em to one side."—New York Letter to the Pittsburgh Dispatch.

Education in South China.

Literacy among the people of South China is considerably greater than among those of the North. Claim is advanced in Canton that nearly all the children of Cantonese parentage, except those of the large boat population, receive sufficient schooling to enable them to learn to read, whereas in the North of China it is unusual to find a family the children of which are all placed in school. The native newspaper is read by a considerably larger number than the list of subscribers to that paper would make it appear. In and about Shanghai papers are sold two and three times over. Collectors go about gathering up the newspapers of the previous day's issue, redistributing them among the lower class of population. It is said that they are then further distributed by being sent out to the villages and country sections, where they are sold for a fraction of a cent apiece.

Steps to the Mile.

How many steps do you take to the mile? Should you be a British infantryman your pace will be the longest of any infantryman in the world. The Russians' pace is the shortest, being 27½ inches, the French, Italian and Austrian paces are 29 inches, the Germans do 31 inches, whilst the English stride an extra half inch.

But your own pace, what of it? It depends upon your height. Take your eyebrow height, halve it, and that represents your pace. You will find it to be somewhere between 30 inches and 32 inches, so that you will need between 2,000 and 2,100 paces to the mile.

Its Style.

"This is certainly a fine clubhouse, but its ventilation is bad. By the way, what is this room to be used for?"

"I don't know, but judging by its present temperature, it must be the grill room."

Government Surveys Summer Homesites Near North Yakima.

An association made up of seven families, and comprising about thirty people, including J. A. Loudon and others, of North Yakima, Washington, has applied to the forest service for the lease of a five-acre tract in the Naches valley for a summer homesite. G. F. Allen, supervisor of the Rainier national forest, on which this tract is located, has just completed the necessary survey, and it is expected that, aside from unforeseen complications, the association will soon be in absolute possession of the area.

These families, all of whom are residents of North Yakima, have camped together on this land for several summers. They now plan to put up a club house, lay out a tennis court, and make other permanent improvements on the tract, thus forming a colony where they can spend their summers away from the noise, heat, and dust of the city, and yet have sufficient company to prevent their vacation life from becoming monotonous.

Free Planting Near Mount Hebo Shows Good Results.

More than 99 per cent of the trees planted by the forest service this spring at Hebo, Tillamook county, Oregon, on the Siuslaw national forest, are still living, according to an inspection report just received by J. F. Kummel, Portland, Oregon, who has charge of the forest service planting operations in Oregon and Washington.

Seven hundred acres were planted in April and May with two-year-old Douglas fir seedlings, grown at the Wind River nursery near Carson, Washington. The trees were spaced about 8'x8', making a few less than 700 trees to the acre. The total cost of planting was $8.50 per acre. This includes cost of growing the trees at the nursery and getting them to the area, as well as the actual planting operation.

Ideals.

"Are you doing your best to make Crimson Gulch better and more beautiful?"

"Of course we are," replied Broncho Bob. "We've armed the posse with a fine collection of the latest weapons, and before fall we expect to have a new cemetery full of choice statuary."—Washington Star.

Particular.

Edward, aged 6, was sent to a barber's shop to get his hair cut. The assistant who attended to him had red hair.

"Would you like to have your hair cut like mine?" asked the barber with a kind smile.

"No, sir," answered Edward. "Cut it some other color, please."—Answers.

Jimmy Up to Date.

Jimmy, an office boy in a downtown office, approached his boss one morning last week.

"If you please, sir."

"Well, Jimmy?"

"My grandmother, sir."

"Aha, your grandmother; go on, Jimmy."

"My grandmother and my mother——"

"What? And your mother, too. Both very ill, eh?"

"No, sir. My grandmother and my mother are goin' to the baseball game this afternoon and they want me to stay home and mind my little kid brudder."

Jimmy got the afternoon off.—Philadelphia Public Ledger.

Hand in Practice.

"I see old man Jiggin's wife broke his will."

"That's what she's been doing ever since she married him."—Baltimore American.