HOW TO MAKE TOOTHSOME FRUIT BUTTERS

In Many Communities Apple Butter Is Made Over an Open Fire.

(Prepared by the United States Department of Agriculture.)

To many people fruit butter means apple butter and nothing else; but good as well-made apple butter is, that made from pears and peaches is equally good, and a supply made from different fruits will add variety to the preserve shelf.

The following recipes for various kinds of fruit butters have been tested in the laboratories of the United States Department of Agriculture, and are recommended as delicious and wholesome.

Apple Butter With Cider.

The peeled and sliced apples may be cooked in the boiled cider to make the butter in one operation or they may be made first into apple sauce, which is then cooked in the boiled cider. With apples of course of coarse texture the latter method is no doubt preferable; otherwise the method to be used is one of personal choice, as both make equally good butter. The cooking should be continued until the cider and apples do not separate and the butter, when cold, will be as thick as good apple sauce. The thickness is determined at frequent intervals by cooling small portions.

It usually takes about equal weights of sweet cider and peeled and sliced apples to make butter of the right consistency. In other words, a gallon of cider should be used with about 8 pounds of apples and yields about 8 pounds of butter. The amount of sugar and spices added depends on the individual taste. As a point of reference, we have found that 1 pound of sugar to 8 pounds of apples is about the proper proportion for a sweet butter, but more or less (or none) may be used to suit the taste. Apple butter is spiced according to taste, about half a teaspoonful each of ground cinnamon, cloves, and allspice being used for each gallon. These are stirred into it when the cooking is finished.

While still boiling hot, apple butter should be packed in hot sterilized glasses, glass jars, or hermetically sealed stone jars, with tightly fitting covers, and processed in a steamer if it is to be kept for some weeks or months.

Apple Butter With Grape Juice.

If a grape flavor is desired in apple butter it may be obtained by the use of grape juice. To each gallon of peeled and sliced apples, cooked into sauce and strained, 1 pint of grape juice, 1 cup of brown sugar, and ½ of a teaspoonful of salt should be added. These should cook slowly and be stirred often for two hours or until of the desired thickness, then stir in 1 teaspoonful of cinnamon and pack hot in hot containers and sterilize.

Pear Butter.

The pears should be ripe enough to cook up well. After being peeled they are cored and sliced, put in a preserving kettle with a little water, and cooked slowly until soft. The sugar is then added, 1 cup to 1 quart of sliced pears, and cooking is continued very slowly, with frequent stirring, for 1½ to 2 hours. The butter should then be smooth and of the consistency of thick apple sauce. A little lemon juice, with ginger, cinnamon, or other spices to taste, should be well stirred into the hot butter. Pack while hot in hot scalded containers and process with steam.

Peach Butter.

Put the peaches in a wire basket and dip them in boiling water a few seconds until the skin slips—test by raising the fruit out of the water and rubbing the skin between the fingers. Dip the peaches into cold water, peel, and pit them. Well-ripened freestone varieties are best. Mash the pulp, and cook it in its own juice without adding water. If it is rather coarse, put it through a colander or coarse wire sieve to make a butter of fine texture. To each measure of pulp add a half measure of sugar, cook slowly, and stir frequently until the product is of the desired thickness. The meats of several pits may be cooked either whole or sliced in each gallon of butter. While still hot pack in scalded jars or glasses with tight-fitting tops and process, or cover with hot paraffin.

CAN AND SAVE ALL SURPLUS APPLES

Many of Early Varieties Do Not Hold Up in Storing.

(Prepared by the United States Department of Agriculture.)

Storing apples fresh for later use is of course the best possible way of keeping them if it can be done. Many of the early maturing varieties, however, will not hold up in storage, and also there are oftentimes windfalls and imperfect apples that must be used at once if used at all. To prevent wasting these apples, the United States Department of Agriculture suggests "putting them up" in various ways.

The housewife may can her apples in any of the ways which will result in a canned product that is easy to use in the form she is apt to need it. For instance, if she makes apple pie often she may prefer simply to pare, core, and slice or quarter the apples, so that, when she opens a can it is ready to be made into pie. In this case avoid adding too much water. If the family likes apple sauce, some of the surplus, and windfall apples may be cooked first and the hot sauce then canned. Green apples make a particularly good sauce with a taste of nutmeg or cinnamon for those who like spices. Another way is to can the apples whole, either boiled in syrup or baked as for serving. Canned baked apples may be dressed up for company use and special occasions, by being spiced and colored with cinnamon drops. These whole apples are canned hot.

The water-bath method of canning is recommended for apples by the department. A water-bath may be a wash-boiler or any covered vessel of sufficient depth for the jars or cans to be completely immersed while processing, and equipped with a rack or false bottom. The pressure canner at 212 degrees F. may also be used for apples.

When the apples have been cut in pieces, they are usually packed directly into the jars and covered with boiling hot medium sirup. This is made by bringing to the boiling point one part of sugar to two parts of water. The rubbers and tops are placed on the jars, and springs are adjusted halfway, or screw-tops placed on loosely. If the canning is done in tin, the cans are sealed completely. The jars or cans are then placed in the canner. Quart jars are processed for 20 minutes, pint jars for 15 minutes, and No. 2 or No. 3 cans for 10 minutes, counting the time as soon as the water surrounding the jars begins to boil actively.

Apple sauce is packed hot into the jars and processed for five minutes. Baked or boiled apples are covered with hot medium sirup and also processed five minutes. When the time is up, remove the jars from the canner, seal airtight at once, invert, and place out of drafts. Cool tin cans immediately by plunging them in cold water.

All jars and cans should be so marked that each lot can be identified. Keep them at room temperature for at least a week. Discard any showing signs of spoilage and watch others of the same lot until it is certain that they are keeping.

Toast Bread Scraps

A good way to toast scraps of bread is to toss them in a corn popper over a hot fire.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.)

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Lesson for October 25

PAUL IN EPHESUS

LESSON TEXT—Acts 19:1-41.

GOLDEN TEXT—"For the love of money is the root of all evil."—I Tim. 6:10.

PRIMARY TOPIC—Paul Tells Idol-Makers About Jesus.

JUNIOR TOPIC—Paul's Preaching Stirs Up a Riot.

INTERMEDIATE AND SENIOR TOPIC—Diana or Christ.

YOUNG PEOPLE AND ADULT TOPIC—Money or Christ.

Apollos, an Alexandrian Jew, an eloquent man and mighty in the Scriptures, had preceded Paul at Ephesus. He had diligently taught the things of the Lord, knowing only the baptism of John. When Aquila and Priscilla heard him they perceived his lack of instruction in Christian truth. Therefore, they took him and expounded unto him the way of God more perfectly. Having thus come into fuller light, the brethren gave him a letter of endorsement as he passed to other fields.

I. John's Disciples Become Christians (vv. 1-7).

These 12 disciples had been taught only the baptism of repentence as a preparation for the kingdom of God. Paul taught them to believe on Christ, i. e., to receive Him as the One on the cross who had provided redemption for them. When they received Christ, Paul laid hands upon them and they received the Holy Spirit.

II. Paul Preaching in Ephesus (vv. 8-10).

1. In the Jewish Synagogue (v. 8).

Though the Jews were Paul's inveterate enemies, his rule was to go to them first with the gospel. His preaching was characterized:

(1) By boldness. He realized that God sent him, and that His authority was back of him.

(2) By reason. God's message is in accord with the highest reason.

(3) By persuasion. It is not enough to come boldly with a reasonable message; it must be accompanied by persuasion.

(4) By speaking "concerning the kingdom of God." He did not discourse on current events, literature or philosophy, but upon the message of salvation through Christ.

2. In the Schoolhouse of Tyrannus (vv. 9-10).

The Jews, being enemies of the gospel, as the grace of God, were only incidental in Paul's earnest preaching. Paul separated the disciples from them and resorted to the schoolhouse of Tyrannus. This continued until about two years.

III. God Working Miracles by Paul (vv. 11-16).

[illegible]

IV. A Glorious Awakening (vv. 17-41).

1. Fear Falls Upon All (vv. 17).

News of the escaping out of those evil spirits created impressions favorable to Christianity.

2. Is Brought to the Front Those Who Professed Faith in Christ, While Not Living Right Lives (v. 18).

They believed but had not broken from sin.

3. Gave Up the Practice of Black Arts (vv. 19).

This means forms of jugglery by use of charms and magical words. They proved the genuineness of their actions by publicly burning their books.

4. Uproar of the Silversmith at Ephesus (vv. 23-41).

(1) The Occasion (vv. 23-24).

This was the power of the gospel in destroying the infamous business of Demetrius and his followers. It was clear to them that idolatry was tottering before the power of the gospel.

(2) The Method (vv. 25-29).

Demetrius, a leading business man, whose business was the stay of others of a similar nature, called a meeting and stated that much people had been turned from idolatry, and that the market for their wares was materially weakened. He appealed to his followers:

a. On the ground of business, saying: "This, our craft, is in danger of being set at naught" (v. 27).

b. On the ground of religious prejudice. He said: "The temple of the great goddess Diana shall be despised" (v. 27). His speech gained his end.

Christianity

Christianity is no mere scheme of doctrine or of ethical practice, but is instead a kind of miracle, a power out of nature and above, descending into it, a historically supernatural movement on the world, that is visibly entered into it, and organized to be an institution in the person of Jesus Christ.—Horace Bushnell.

Giving and Receiving

We live in a world of giving as well as of receiving.—American Friend.

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN
Editor of "HEALTH"

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UNUSUAL FOODS

AN OLD adage says that what is one man's meat is another man's poison. This simply means that foods to which we are accustomed are satisfactory, and that those which are strange to us are generally disagreeable. Most of us have prejudices in favor of some foods and against others, largely based on our habits, rather than on the value of the food. There are many good foods that are thrown away, simply because we are not in the habit of eating them.

Explorers in the tropics often have a strong prejudice against eating monkey meat, largely on account of the close resemblance between man and monkey. Yet most of the native Brazilian tribes eat monkeys habitually and travelers who have been able to overcome their prejudices have found monkey meat a very agreeable food. Most persons except our southern negroes, have a prejudice against 'possums, yet 'possum meat is very much like fresh pork. A favorite negro dish is baked 'possum and sweet potatoes.

Muskrats are trapped for their skins in large numbers and, on account of prejudice, large quantities of good meat are thrown away. Most people would refuse to eat muskrat on account of its supposed resemblance to rats, based largely on its name. But muskrats are not rats at all. They belong to the same family as squirrels and rabbits, which are eaten in large quantities and regarded as a great delicacy.

Reed birds are served in expensive restaurants at high prices because they are rare. English sparrows, which are second cousins to reed birds, are found in such vast numbers that they have become a pest. No one eats them, yet they are good roasted or broiled.

Terrapin is the most expensive dish which can be ordered at an exclusive hotel on the Atlantic coast. But Florida has millions of alligators which are of no use to any one. Alligator meat is much like fish, and when cut in small pieces, rolled in cracker crumbs and fried, tastes like breaded veal cutlets. Frog legs are a great delicacy, but the rest of the frog family is thrown away, although it is just as good to eat as the legs. Whale meat and shark meat have been eaten by the Japanese for centuries. Fresh water mussels, when cooked, are as good as oysters, yet we ship oysters clear across the country at great expense and pay high prices for them, but refuse to touch fresh water clams because we are not used to them.

We select our foods from habit, taking them from knowledge, and neglect many valuable foods.

GETTING TIRED

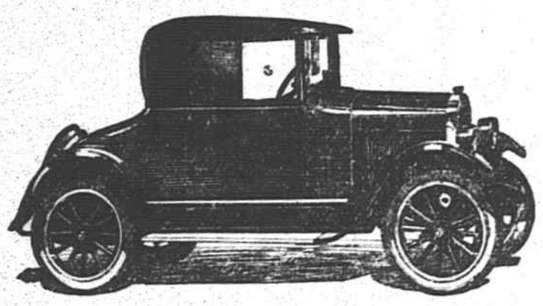
WHAT [illegible] we get tired? [illegible] Simply and continuous [illegible] the very exercise, carried to the point of fatigue, [illegible] our muscles do the least [illegible] work for the most advantage. Many men and women who do little actual work with their muscles will feel more tired after the day is over than those who have toiled all day with their hands. What are the causes of fatigue? What do we mean when we say we are "all in," and just what has happened to us?

In the first place, we probably have not had enough fresh air or, putting it the other way round, we have probably had too much stale air. We have stayed too long in rooms that were overheated, overcrowded, and in which the air was too dry. Our eyes may have been exposed to glare from unshaded lights or from too strong light, producing reflections and cross lights that strain the eye muscles, and so make us tired. Or, what's just as bad, we may have been straining our eyes all day, trying to work by too weak light.

We may have been sitting all day in an uncomfortable chair or in a cramped position that strained and tired our body. It doesn't matter whether this happens in the home, the office, the shop, or the schoolroom. Sitting too long in an uncomfortable seat is just as tiring as working too long.

Or our clothes may have been uncomfortable, too tight or ill fitting. In spite of the vast improvement that has taken place in clothing, especially women's clothing, many people still wear uncomfortable clothing, especially uncomfortable shoes, which pinch, bind and cramp the feet, strain the leg muscles and so cause irritation and fatigue of the whole body. Why do so many men want to take off their shoes as soon as they get home at night? Because their feet have been uncomfortable all day, even if they didn't realize it.

We may have been sitting, standing or working too long in one position and so tired out one group of muscles. We may have been surrounded all day by irritating persons. Anyway, we are tired out, our resistance is run down, and we need rest. Don't go to the crowded movie hall or dance hall. Lie down in a cool, quiet, well-ventilated place and let the body rest until mental and physical balance is restored. Recreation will be more enjoyable after the rest than before it.



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[illegible]

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