

Tells Secrets About Preserving

Expert Declares Process Is Really Quite Simple

By EDITH M. BARBER

WHAT do you mean when you use the word preserve? Perhaps you use it to cover all the fruits you can with a thick or thin strip or make into jams or jellies. The word preserve, in its general sense, is often used to cover canned vegetables as well as fruits. Our grandmothers, however, when they served "preserves," meant fruit, canned in a rich sirup.

Large fruits were cut into big pieces and berries and cherries remained whole. The sirup from these fruits is not jellied. This is the way we expect to have preserves today when we make them ourselves or buy them. Three things I make myself deserve this title. They are sun-cooked strawberries, cherry and quince preserves.

The terms jam, marmalade and conserve are used indiscriminately both by the housewife and manufacturer. Jam means to most of us crushed fruit cooked with sugar. Marmalades contain fruits cut into pieces. The word conserve may cover the same thing, although we often find mixed fruits and sometimes nuts are added.

When I was a girl I loved to turn the old-fashioned cherry pitter, which was a heinous in our kitchen. When the cherries arrived from the country we would take them out to the front porch to stem them and usually were fortunate enough to commandeer help from the neighbors.

Today, when fruits are in season for such a comparatively long time, we do not go in much for wholesale methods. We buy four or five quarts at a time and make up enough to fit our winter needs.

There was an informal fruit exchange in our neighborhood, and we were experienced judges of the comparative merits of Mrs. Wood's spiced cherries and Mrs. Caldwell's spiced grapes. When the sewing club met in summer my mother's friends exchanged recipes for preserves and wondered why raspberries would not "jell." Of course, there was no such thing as commercial pectin at that time.

No one knew anything about tests for pectin content then. Cup for cup was the usual recipe as far as sugar and juice were concerned. Now we know that we can test our fruit juices for pectin, which is essential for jellifying, by putting a

tablespoon of juice with a tablespoon of alcohol. After a stiff jelly is formed which can be lifted on a spoon a cup of sugar may be used for a cup of juice. If the mixture jellifies, but breaks easily, three-quarters of a cup of sugar to a cup of juice is indicated. Of course you may use the modern method combining fruit with bottle pectin, which is merely concentrated apple juice, and make a jelly which will always jell, if you follow the directions absolutely.

Sun-Cooked Strawberries. Select firm ripe strawberries. Use equal quantities of sugar and berries. Place the strawberries in a preserving kettle in layers, sprinkling sugar over each layer about two inches deep. Place on stove and heat slowly to boiling point, skim carefully and boil rapidly for two minutes. Place berries in single layers, with juice, on shallow platters. Cover berries with a glass dish or with plain window glass. Let stand in hot sun from eight to twelve hours. Pack in clean, hot jelly glasses or jars and seal. The platters with the strawberries may stand uncovered in a sunny window rather than in the outdoors.

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Battleship Salvaged Upside Down



When the German battleship Bayern, scuttled by her crew in the waters of Scapa Flow after the armistice, was salvaged, she came to the surface upside down. She is here shown as she arrived at Rosyth, Scotland, to be broken up for scrap metal.

The FOURTH of JULY

By REV. B. E. CLARKSON
Captain G. A. E., Department of Maryland

O NATAL DAY! O Day of Glory!
Forever live in song and story!
Day that our fathers set us free,
Birth-day of human liberty!
The day on which the mighty stroke
Of freedom rent the tyrant's yoke;
When patriot few, but strong of heart
Declared themselves no more a part
Of Britain, far across the sea,
But sovereigns, and forever free,
For which they pledged their fortunes,
Lives.

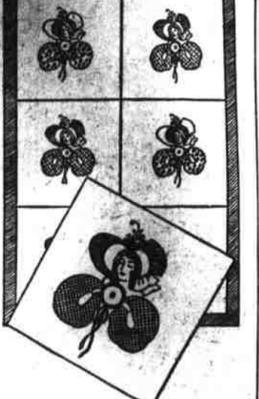
O Blessed Day! O Day of Glory!
Forever live in song and story!
When in the belfry swung the bell
Whose brass lips were quick to tell
Of waiting thousands, small and great,
The freedom of the Church and State;
That God created all men free;
That man's birthright is liberty;
That man free-born, through Him who
Saves.

O Priceless Day! O Day of Glory!
Forever live in song and story!
The day that gave a nation birth—
The greatest nation on the earth—
When tyrants trembled on their thrones;
O'er freedom's land, o'er freedom's homes,
The flag of freedom was unfurled,
An inspiration to the world.
While skies shall flow, high stars shall
burn.

O Glorious Day! O Day of Days!
Age after age shall sound thy praise!
Forever shall the brave and free
Remember thee! Remember thee!

COLOR AND LIFE IN "POSTER GIRL"

By GRANDMOTHER CLARK



If you want to make a quilt with lots of color and life, the "Poster Girl" will be your selection. The quilt shown above is made from block number 95-A, which is one of the six different girls in which L.L.'s assortment comes. Make the quilt either by using all the blocks of one design or assorted. The blocks are stamped on white 18-inch squares, and the applique material is stamped with the necessary designs and cutting lines. Twelve 18-inch blocks are generally used for one quilt. With twelve 18-inch blocks, 4-inch strips between blocks and a 4-inch border all around, allowing 1/4 inch for seams, the finished quilt will measure about 77 by 98 inches. Four yards of 36-inch material is sufficient for border and strips.

Send 15 cents to our quilt department for one block No. 95-A like the above. Make this up. You will like the beauty of design and can then decide what designs you want. A picture of the six designs will be mailed with your order, from which to select. Price per set of six stamped blocks with applique patches 75c postpaid.

Address—HOME CRAFT CO.—
DEPT. D.—Nineteenth & St. Louis
avenue, St. Louis, Mo.

Enclose a stamped addressed envelope for reply when writing for any information.

FIND USES FOR DEBTORS' JAILS

One Old Prison Made Over Into Clubhouse.

The clubwomen of Tappahannock in Essex county, Va., have for several years been using as their clubhouse the old debtors' prison, built in 1720. At the time the building was erected the town, which had been named Hobbs His Hole, had been rechristened New Plymouth; not until 1808 was the name changed to Tappahannock.

The old building is typical of the jail of its period, when confinement in prisons was supplemented by outdoor punishments for wrongdoers. In those days the ears of hog thieves were nailed to the pillory on which the prisoners were tortured. Two thousand pounds of tobacco was the fine for giving false news. To be in debt was moderately respectable, then as now, yet men were put in jail for it.

The New World started with very little cash in hand. Lack of money was general in those times of barter. Many a man came to Virginia in early days who had to work out his passage after he reached his destination. Fortune that was founded on the crop was precarious. There were a dozen reasons why the Colonists needed so many debtors' prisons. In that first settled part of old Virginia debtors' jails were plentiful. Many remain as mute witnesses to the hard life men lived then.

The old jail in Gloucester was built in 1750. Dr. W. C. Stubbs, Gloucester historian and antiquarian, said: "The Virginia laws required every county court, at the county's charge, to cause to be built and kept in good repair a common jail or common prison. The law provides that the building shall be built with iron-barred windows and chimneys, the doors secured with good locks and bars of iron. The sheriff was appointed by the crown and forced to serve or forfeit 20 pounds sterling to the king."

Upon this debtors' jail built in Gloucester, P. W. Smith, Jr., who occupies it as town clerk, adds an

interesting sidelight. "In 1754," he says, "the county surveyor laid out 300 square yards where the prisoners were allowed liberty."

It was not until March 25, 1873, that imprisonment for debt was abolished in the state of Virginia. Up to that time laws for the collection of debt which were brought to Jamestown in 1607 were still in force.

A writer for the Virginia Historical society publication cites as an instance of the operations of the old debtors' law the arrest and imprisonment of Light Horse Harry Lee for debt from April, 1800, to the spring of 1810.—New York Times.

Snoring Described as Disease of Civilization

Snoring, observes the Manchester Guardian, has been called a disease of civilization, on the ground that savages do not snore because the man who gave audible announcement in that way of the presence of himself and other tribesmen in the neighborhood of an enemy would get short shrift. With civilization (runs the argument) came security, and with security those nasal noises of the night—and not of the night only, for Lord Ullswater, when he was speaker, ruled that snoring was out of order in the house of commons.

There are those who draw fine distinctions between different ways of snoring. When Beau Brummell was once traveling from Calais to Paris, he found himself in the company of a king's messenger, who later said that the Beau slept the whole way, and even snored. But the messenger added what he thought was an extenuating circumstance, that "Mr. Brummell snored very much like a gentleman."

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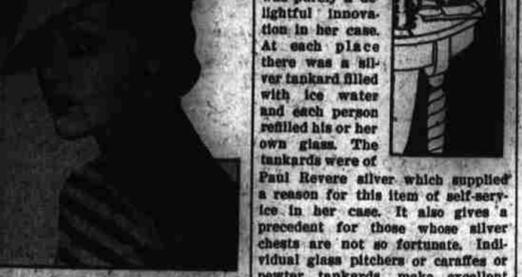
The Household

By Lydia Le Baron Walker

THE home serving of company meals should be relieved as much as possible for the comfort attendant upon having each person well supplied with food, at first and when plates require replenishing. This is not an easy matter when conversation is lively. It is difficult to break in with, "May I give you some"—of this or that, whatever it may be that is needed. Yet, unless a success, although the occasion itself may be a pleasant one.

A point can be taken from a hostess whose butler eliminated the necessity of serving, so it was purely a delightful innovation in her case. At each place there was a silver tankard filled with ice water and each person refilled his or her own glass. The tankards were of Paul Revere silver which supplied a reason for this item of self-service in her case. It also gives a precedent for those whose silver chests are not so fortunate. Individual glass pitchers or carafes or pewter tankards, make excellent substitutes, and they do away with the commotion attendant upon refilling of glasses with water. Be sure there are ice cubes in the tankards so the coldness will be lasting.

One of Newest Hat Shapes



One of the newest hat shapes for summer, shown in silvermist gray felt with concord blue grosgrain band. The model is Helen Pickens, one of the singing Pickens Sisters of the radio. The hat was designed by G. Howard Hodge.

The King Bird and the Crow

by LEONARD A. BARRETT

Did you ever watch a king bird chase a crow? If not you have an interesting experience awaiting you. In the chase there is enacted a drama which illustrates the force of persistence and the failure of unused power. The king bird, otherwise known as the bee-martin, is about the size of a sparrow. In some respects it is said to be a parasite because the mother bird lays her eggs in the nest of some other bird and it is about the only species which refuses to hatch out its own young. In every other respect the king bird is a model of untiring persistency. The crow, for which the king bird seems to have a very pronounced dislike, is about five times as large as its enemy and as many times as strong. It is very amusing to see the little bird chasing the large bird through the air in a most ferocious attack, always the victor in the struggle, unless the crow, by flying faster, can escape. The crow never strikes back, even though its strength is many times greater and could, in a minute, crush out the life of the little king bird. In this little drama in birdland is enacted the struggle between power and persistency.

When we shift our point of view from the birds to our daily experience, we meet the very same thing. Many times have we wondered why a person with so small amount of strength and talent succeeds in life's struggle, while the more fortunate endowed legs behind in the race. Money, for instance, in the possession of which seems to be the balance of power, is of no value unless it circulates. A hoarded dollar earns no interest. Unexpressed impulses die. The power in the rapids, unless harnessed for the purpose of driving turbines, goes to waste. That person who refuses to take part and stand up for the right soon becomes a prey to the impostor, whose strength may in comparison be no greater than the king bird; but, because of persistency, may succeed in his vicious attacks. Sometimes it appears as though evil forces are more powerful than good forces. They are not more powerful but frequently more persistent. Good forces are always stronger but frequently more dormant and silent than those which make for evil. Unless the good forces strike back, the evil forces will win. "A falling drop at last will wear the stone." "Much rain wears the marble."

"Victory," says Napoleon, "belongs to the most persevering."

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How the U. S. Flag Was Adopted

THE flag of the United States is one of the oldest in the world. It is older than Britain's "Union Jack" and the French tricolor. It was officially adopted by the Continental Congress of the United States on June 14, 1777, and has since been honored throughout the world.

The information available on the origin of the American flag, says a writer in the Washington Post, is more a matter of tradition than of history. It is an emblem born of strife, at the time when England's colonies were struggling to obtain fairer treatment and a larger measure of liberty. The aims of this struggle were not clearly defined in the beginning. The Declaration of Independence, a notable document promulgated on July 4, 1776, which has earned the admiration of many statesmen in various parts of the world, did not come until many important battles had been fought. In these, the Americans followed vari-

She Sets a Record



Miss Janet Rutter, twenty-five, of Washington, was admitted to the bar of the United States Supreme court, and she is said to be the youngest member of her sex permitted this honor. Miss Rutter is now an attorney in the office of George Peck, special foreign trade adviser to the President.

Salute to the Flag Daily Custom at All Army Posts.

Salute to the flag daily custom at all Army posts. Colors, whose lack of uniformity bespoke the lack of clear-cut aims, of definite purposes, which for the moment prevailed, but were soon to disappear.

From this restlessness, from this turmoil emerged the United States; emerged the Declaration of Independence and the Stars and Stripes. This flag, according to tradition, had a very humble origin. It was first fashioned, we are told, by a group of Americans besieged in a fort, from the clothing of the soldiers and from material furnished by empty ammunition bags.

The flag of the United States consists of 13 horizontal alternated stripes, seven red and six white, and of a canton placed in the upper corner nearest the flagstaff in which appear on a blue field as many white stars as there are states in the Union.

One of the first places, possibly the first, over which the American flag was hoisted was Fort Stanwix. The site of this old fort is now occupied by the giant skyscrapers of New York city, which furnish an excellent symbol of the might, of the greatness of the United States.

AMAZE A MINUTE SCIENTIFACTS BY ARNOLD