

Tips Offered On Soap Manufacture

Extension specialists in home economics at State College, eager to aid rural women with their soap-making preparations, offer the following suggestions in regard to clarifying the fat, the lye mixture, and other factors:

Waste fats may be used for soap

making. Place fat and a sliced raw potato in a large quantity of water and bring to a boil. Strain through a muslin cloth and cool. When cold remove fat from water. Repeat if fat had been salted. Then heat fat until it stops crackling, indicating that it is free from moisture. Allow to become cold but not to solidify before combining with lye.

Pour lye into water and stir occasionally until dissolved. Allow to become cold. Caution: Use enamelware or iron utensils. To make the

soap, pour the lye into grease slowly stirring constantly. Beat until of consistency of strained honey. Sufficient air stirred into soap makes it float.

To mold the material, pour into pans or boxes lined with waxed paper. When set score with knife for cutting. At end of 18 to 24 hours remove from container and cut with pliable wire or strong cord. Set away for 5 or 6 weeks before using. This allows complete union of fat and alkali. Air alkali free soap should result.

Place a piece of red litmus paper against a freshly cut edge of soap. If free alkali is present it will immediately turn blue.

In order to make strong laundry soap, add one-half cup of ammonia and one-fourth cup of borax to fat and mix well before adding lye. These alkalies are not harmful to hands and fabrics but are so delicate colors.

with his meals at home to give him a well-balanced diet each day if he is to grow normally, to be active mentally, and to build up a resistance to colds and other diseases.

The school lunch should contain about one-third of the daily food requirements for the individual child's needs for body building, regulating, and energy. It should be

made up of food that is easily digested in order that the child may do as good school work as he is capable of doing.

There should be variety in texture, an interesting contrast of flavors that blend well together, and harmony in color. The food should not be all soft, all solid, or all dry, but some of it might be a little soft and moist

and some crisp and crunchy to chew. For instance, a lunch made up of a hard cooked egg, a banana, and plain cake would be too dry. The addition of a cabbage salad or pickled beets and an apple in place of the banana would improve the texture, and make a more appetizing lunch.

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by Mat

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THE DOORS OF LEARNING OPEN TO OUR CHILDREN.



WE CAN BEST EQUIP THEM FOR THE TASKS THAT LIE AHEAD THROUGH EDUCATION—EDUCATION MADE POSSIBLE BY OUR PUBLIC SCHOOL SYSTEM—BY ENDOWMENTS AND SCHOLARSHIPS—BY THE INDIVIDUAL THRIFT AND FORESIGHT OF PARENTS WHO, THROUGH SAVINGS AND EDUCATIONAL LIFE INSURANCE POLICIES, MAKE CERTAIN THEIR CHILDREN WILL BE ABLE TO TAKE ADVANTAGE OF THE OPPORTUNITIES FOR HIGHER EDUCATION AND THUS BE BETTER PREPARED FOR THE RESPONSIBILITIES THAT SOME DAY MUST BE THEIRS.

Suggestions For School Lunches

Bill's will begin to read again in North Carolina from October 1, 1945, and will be the first of a series of articles on the subject of school lunches.

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REDDY KILOWATT March of Time



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