

QUALITY IN FRUIT

BY F. C. SEARS.

What is the difference between a high quality apple and one of low quality? Of course tastes differ somewhat and a variety that would make one person enthuse might not please another person at all. But in general we agree on what the high quality and what are low quality varieties. Grimes Golden is almost universally rated as the standard of excellence. And the following are at least some of the important factors concerned in high desert quality in apples.

First there must be a fairly large sugar content. Even in the so-called subacid apples there is a good percentage of sugars. These vary considerably with different fruits, and a single fruit may have several kinds or types of sugars, but for the present discussion we may class them all together and the total of them must be high for high quality.

In the second place we have some type of acid in the fruit. With apples, peaches, cherries and some other fruits it is malic acid alone, while in cranberries we have both malic and tartaric acid. And of course the ratio between the acid and sugar contents determines whether the variety is classed as sweet, subacid or acid.

The third factor in making up the quality of a fruit is the essential oil, as it is called. These oils are very complicated and variable in their chemical composition with different fruits but agree in carrying with them the characteristic odor and flavor of the fruit, the extract from apples for example having in concentrated form that delightful fragrance which one gets on entering a storage house where fine apples are being kept.

THREE ESSENTIAL FACTORS.

In the production of the actual quality of an apple these three factors, sugars, acids and essential oils, are all that we recognize at present as entering into the case. But at least one other factor is quite important in the impression one gets of the quality of an apple as it is eaten and that is the question of

whether the cells in the flesh separate from each other without being broken, or whether they are crushed by the eating process and their contents thereby are allowed to come in contact with one's tongue.

The principal reason why an apple in the condition which we usually describe as "mealy" has comparatively so little taste is that the cells which go to make up the tissue of the apple break apart from each other as one chews the flesh but each cell remains as a little closed sack, and while its contents may possibly be just as delightful as they ever were, yet they do not affect our sense of taste.

One other factor which our authorities assure us influences our impression of an apple as we eat it, is the amount of insoluble solids in its flesh. These varieties which carry a large percentage of such solids are usually poorer in quality, while a low content of such solids is associated with high quality. For example the Grimes Golden has 2.7 per cent. of insoluble solids while the Ben Davis has 3.07.

WHAT MAKES A GOOD APPLE?

As a summary of this matter of quality in apples we can do no better than to quote Dr. J. K. Shaw, who has studied the matter carefully, and who says: "It appears then that high table quality in apples depends on good texture, which is accompanied by a low content of insoluble solids; an abundance of sugars, especially sucrose, an amount of acid sufficient to blend agreeably with the sugars but not excessive, and an abundance of pleasant and agreeable flavoring oils."

The time will doubtless come when we will know far more than we do at present not only about what contributes to good dessert quality in the first place but also how this quality may be retained for a longer period. In fact, some recent experiments are already indicating along what lines we must work to secure this latter. But we know enough at present to make it an extremely interesting subject and many fruit growers believe that greater emphasis on quality is one of the important ways of increasing the consumption of fruit.

The Hardest Things.

The basket was heaped with smoothly folded clothes. Anne was going to iron them while Aunt Martha went to town. Aunt Martha, who had "raised" Anne from a tiny orphan, usually planned a full day's work for Anne whether she, Aunt Martha, was to be at home or not.

"Now, Anne," she said briskly, "just as soon as you get the breakfast dishes done, and the house tidied up, go right at that ironing. There is more than usual. You will have to move fast to get it out of the way before it's time to get supper. Do the hardest pieces first, while you're fresh." And away she went.

Anne had just finished the dishes and the dusting and had unfolded and shaken out the first piece to be ironed when there came a rap at the door and a pleasant voice.

"I'm coming right in, as usual. I see you are busy," and a roly-poly little neighbor walked in and sat down in the easiest chair. She looked at Anne, at the ironing board and the empty clothes rack, then at the large, embroidered piece that Anne was spreading on the board.

"You're never going to begin on that?" she said.

"Aunt Martha always says to do the hardest pieces first," Anne replied. The little neighbor opened her lips to say something and closed them again just as quickly. Then she did a queer thing. Rising, she took the piece from the board, folded it up and tucked it well down in the middle of the pile. Then she unrolled a plain gingham apron and laid it on the board before the astonished Anne.

"Let's try going at it in the Lord's way," she said calmly. "You will get done sooner; and you will be obeying Aunt Martha in spirit, if not in letter. She means well, no doubt; but she's got the wrong idea."

"Why—what do you mean?" gasped Anne, half shocked.

"I mean just this, dear Anne," replied the other. "Begin on something small, plain, simple, easy. You will get half a dozen pieces done in the time that one hard piece will take. That will make a heartening array on your rack. It will smooth your irons and get them ready to tackle the finer work. It will not tire you too much for that, either; just tuck your up and get you into the swing of it. Then go after your hard pieces—and you will find they are not half so hard as if you had done them first."

Anne's face brightened.

"It seems to me that is the way the Lord gives us our work," went on the little neighbor, gently. "Not the hardest things first. Just easy little things that we can do for Him without wearisome effort. He knows they are good practice, good 'setting up' exercises in service. If we do these carefully, as well as ever we can, when the big things come, Anne dear, we can do them swiftly, confidently, without too much strain. They will not be so hard, after all—just opportunities to show how well trained we are in his work."

And the little neighbor nodded and smiled her approval as Anne slid her iron over the gingham apron.

The Ideal Home.

There is work and a lot of it in the home. This cannot be avoided. Some women are housekeepers instead of home makers. They spend their time scrubbing and cleaning, as described by Berton Braley:

"She always kept everything perfectly clean."

From the cellar clear up to the top;

For neatness and order she surely

Was keen.

And no one could get her to stop.

"She never had time to be reading a book."

She never had time for a call,

Instead she was scrubbing some corner

or nook.

Or sweeping the stairs in the hall.

"She scrubbed all the love from the heart of her spouse."

Her roommates were playless and

gloom.

She had her reward—an immaculate house.

Where nobody ever would come."

The demand of the times is for homes which are livable, contented places for the family and where the friends can come and where the young people can gather and enjoy themselves.

Should be Done Daily.

I cleaned our chicken pen the other day. It had not been cleaned for a month, so it was in a sorry condition. We have a stationary dropping-board under the roosts, so the droppings have to be removed with a shovel, as we have no ice. The roosts were covered with lice. The shovel had a short handle, so I had to use it in such a way that the back of my wrist touched the roost. My wrist was immediately covered with lice. My arms itched and they made me so uncomfortable that I looked around for something to kill the pests. I poured water on my arms without any effect. I got some kerosene and rubbed my arms up past the elbows, and then when the lice got on my wrists they died.—Thomas Habbett, Jr.



Easily Explained.

Lizzie—"How can he love me, as he says, when he's known me only a week?"

Lou (sweetly)—"Doesn't that explain it?"

Orange frosting for cake is easily made thus: Use the grated rind of one orange, three tablespoons of orange juice, one teaspoonful of lemon juice, one egg yolk, confectioner's sugar. Mix grated orange rind with fruit juices and let stand 15 minutes.

Strain into the egg yolk, beaten until thick and lemon-colored, and add sifted confectioner's sugar until it is of the right consistency to spread.

Nature's bending places are the hip-joints and the knees. When washing and scrubbing keep this in mind. Plan the height of your table and sink so it will not be necessary to stoop.

S.S. LESSON

September 12. Paul in Thessalonica and Berea, Acts 17: 1-12. Golden Text—Prove all things; hold fast that which is good.—1 Thess. 5: 21.

ANALYSIS.

I. REASON AND UNREASON AT THESSALONICA, 1-10.

II. BETTER THINGS AT BEREA, 11-12.

INTRODUCTION.—From Philippi, St. Paul and his staff proceeded westwards through Macedonia along the great Roman highroad, known as the Via Egnatia. Amphipolis and Apollonia were passed on the way, but whether Paul started missions there is not recorded and cannot be determined. Most likely he did not, and the reason may be that the absence of Jewish synagogues in these quarters deprived him of the usual immediate point of contact with the life of the communities. The next important halt was at Thessalonica, the capital city of Macedonia, a large and flourishing commercial and industrial metropolis. Here St. Paul spent at least three weeks, possibly a longer time. The history of the mission in Thessalonica forms the principal part of our lesson for to-day.

I. REASON AND UNREASON AT THESSALONICA, 1-10.

V. 1. It would seem from this verse that Paul's reason for making a special halt at Thessalonica lay in the Jewish possession of a synagogue. Through the latter he could be sure of obtaining not only an audience of Jews, brought up on the Old Testament, but an access to the wider heathen population. The point of contact was guaranteed through that fringe or margin of interested readers, inquirers or "God-fearers," who, in every heathen city, formed an outer circle round the centre of Jewish worship.

Vs. 2-4. Paul's method was to preach for several successive Sabbaths in the Jewish synagogue. Here his practice was, following the custom most familiar to Jewish hearers, to expound the truth from Scripture. The Old Testament, the book of God, and his name was that Scripture itself directly. The Jews in all parts, had heard of Jesus of Nazareth, but their natural attitude was to regard him as a blasphemer. His Cross was regarded as the final disproof of his claims; his resurrection was believed to be a fiction of his disciples. Consequently, St. Paul's logical method was twofold: (1) To show from the Old Testament, from such passages as Isaiah 53, Psalm 16, Psalm 110, that the vicarious suffering and rising again of the Messiah were foretold by the prophets and psalmists; (2) To show that Jesus of Nazareth was the Messiah. In this "game Paul" "opens and alleges" that "he believed the Christ to suffer and rise again from the dead."

The result among the Jews was only partial. The Jews, that is, among the interested religious inquirers above referred to, the effect was notable. Practically the whole of these Greeks transferred themselves from Judaism to the Christian mission.

Vs. 5-7. Jealous and incensed, the Jews instigated a riot among the reckless elements in the city populace, and collected a huge mob besieged the house of Jason, where Paul and Silas were staying, demanding that the missionaries be surrendered.

Vs. 8-10. This was a specious argument, and created grave concern both on the part of the credulous public and on the part of the authorities. Nevertheless, the latter considered it enough in the meantime to exact guarantees of good conduct from Jason and the other Christians involved in the charge. The Christian community, however, considered the situation so serious that they resolved to convey Paul and Silas for safety's sake out of the city to the next important centre at Berea. Thus ended the first Christian mission to Thessalonica. A Christian Church had been planted of which we shall hear more in our next lesson.

II. BETTER THINGS AT BEREA, 11-12.

V. 10. At Berea, Paul and Silas followed the same methods as at Thessalonica, utilizing once again the Jewish synagogue as the centre of operation, and the Scriptures as their textbook.

V. 11. The results were better than at Thessalonica. The Jews of Berea showed a frank open-minded willingness to consider the truth announced by Paul. They came together daily for Scripture study and exposition, giving their attention specially to the Scripture-proofs of Jesus which Paul laid before them.

V. 12. The result was a large conversion of Jewish hearers. To this was added a further increase of strength from among the spiritually-minded Greeks, who adhered to the same forward in large numbers. In the gospel of Jesus Christ these devout and waiting souls found, at last, the spiritual satisfaction and assurance for which they had so long been seeking.

Nature's bending places are the hip-joints and the knees. When washing and scrubbing keep this in mind. Plan the height of your table and sink so it will not be necessary to stoop.



GRACEFUL MODEL FOR GIRLS.

To be in fashion is to wear plaits, and plaits help to achieve wider hemlines in frocks for girls pictured here. The diagram reveals the simple design of the pattern, which is all in one piece. The plaits at the side front are laid in place and joined to the upper part. The round neck and front opening are then bound, and the sleeve extension joined to the short sleeve. The sleeve and side seams are joined at the same time, leaving only the hem to turn up. The sleeves may be left short and finished with a cuff as in View B. No. 1163 is in sizes 6, 8, 10, 12 and 14 years. Size 10 years requires 2½ yards of 32-inch or 36-inch material. Price 20 cents.

Home sewing brings nice clothes within the reach of all, and to follow the mode is delightful when it can be done so easily and economically, by following the styles pictured in our new Fashion Book. A chart accompanying each pattern shows the material as it appears when cut out. Every detail is explained so that the inexperienced sewer can make without difficulty an attractive dress. Price of the book 10 cents the copy. Each copy includes one coupon good for five cents in the purchase of any pattern.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred); wrap it carefully for each number, and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

Pop-Overs That Pop.

"Why don't my muffins rise like those in the illustrated advertisements?" sighed the new housekeeper. "Why don't my pop-overs pop?"

The secret is to have a quick oven and to have the pans hot. Place them in the oven when starting to mix. When ready, grease quickly, pour the batter by spoonfuls into the double-row gem pans while they are hot.

By the time the last spoonful is in the first ones will be well risen. Iron gem pans give the most satisfaction, as they retain the heat longer.

Orangeade That Lasts.

To make orangeade, put the skins of six oranges through a food chopper. Add two ounces of citric acid, four pounds of granulated sugar and three pints of water. Put all in a crock and let stand thirty-six hours, stirring occasionally to be sure the sugar is dissolved. Strain and bottle. This will keep a long time if stored in a cold place. To serve, put a few spoonfuls of the syrup in the bottom of a glass and fill the glass with cold water.

Motor Emergencies.

Whether a woman drives the family car or not, there is one thing she should know about a car, and that is how to stop it. They may never need this knowledge, but if such need arises they will be thankful to be prepared.

The driver may faint or otherwise become ill and helpless. It is fortunate if the person riding beside the driver is able to reach over and bring the car to a stop before there is a smash-up.



Where climbers of the Canadian Rockies gather. Headquarters of the Alpine Club, Banff.

KITCHEN COSMETICS

BY ANNA NIXON.

Beauty culture in the kitchen? Why not? Too often the busy wife and mother permits her beauty to fade years before there is any good reason for it.

"I haven't time or money for cosmetics or for treatment in beauty shops." This is her excuse.

The answer is that she can pursue the culture of beauty right in her kitchen.

The value of kitchen calisthenics with broom and mop is generally recognized. What the majority of women have not learned is that many fruits, vegetables and other staple kitchen supplies are excellent substitutes for expensive cosmetics.

This does not mean that the average woman can afford to dispense entirely with certain toilet requisites which must be bought. A good cold cream, vanishing cream, face powder, and the like, are necessary to a well-groomed appearance. But there are many simple home remedies which are just as valuable aids to a smooth, clear complexion as are the contents of the fascinating bottles and jars which come from the beauty shop.

Great-grandmother knew this. She bathed her face and hands in milk. She concocted pastes of honey, egg white, oatmeal, and the like, long before the modern clay pack was thought of. And the prima young Victorian grandmother of the modern rouged miss was not above applying a touch of beet juice to the cheeks.

And if the picturesque custom of bathing her face in dew on May Day failed as a charm in warding off freckles, did grandmother despair?

Not she. She knew that nightly applications of buttermilk or other sour milk, allowed to dry and to remain on the skin overnight, would fade the freckles.

The buttermilk remedy is still in use and is a safe and excellent one for freckles. Some persons mix grated horseradish root with the buttermilk to hasten the process. But no one with a sensitive skin or with a break in the skin should undertake so drastic a treatment. Diluted lemon juice is another remedy for freckles.

Stains on the hands caused by preparing fruits or vegetables for the table, by gardening, or like tasks, are easily removed by applications of tomato or lemon juice. And rhubarb juice is especially good for this purpose. Break a stalk of rhubarb, wash with the broken end scrub the hand and finger nails just as you would use a nail brush. It works like magic.

The pitcher from which the last drop of cream apparently had been drained for the breakfast coffee will still yield enough cream from the inner surface for an application to the face.

It soothes and smooths a rough skin and also whitens. Cream is exceptionally fine for keeping the lips smoothly and soft.

The eggshell from which the raw contents have been removed will still contain enough of the white for a beauty mask which takes but a moment to apply and which dries in a few minutes. Rub it into the skin with the fingers, being careful to cover the face evenly.

It is a good plan to apply the cream first, letting it remain on the face half an hour. Then remove all surplus cream gently with a soft cloth. Apply the egg mask and let it remain from five to fifteen minutes. This period is an excellent time to do the daily dusting. Remove the egg white with clear cool water. Then, if ice is available, rub the face gently for a half minute or so with a smooth bit of ice.

To complete this treatment, the results of which are equal to an expensive hour or two spent in a beauty shop, apply an astringent. Cucumber juice is a bland and very fine astringent for the face. It is said to have the cut surface of the vegetable over the face.

The daily ice rub is a valuable aid to beauty. A young woman whose pink cheeks are the wonder and envy of her friends gets her splendid color from the ice box instead of from the rouge jar.

Olive oil is another staple which makes itself useful at the dressing table. One woman of my acquaintance with a notably smooth skin at an age when most skins begin to show the wear of years, uses olive oil generously as a substitute for cleansing cream and cold cream.

Points on Keeping Colors from Fading.

When you take the trouble to make up pretty wash clothes it is natural not to want the materials to fade or shrink. On the other hand, there is a certain beauty to the new cloth that makes you dislike to put it in water before making it up, but it is far wiser to do so with the majority of wash materials.

When laundering these materials later on, you should remember never to hand them in the sun or a strong light, but always to take them down if hung out of doors as soon as dry, for the air and wind work havoc. Some women who are careful hang shirts, wash dresses, etc., in the laundry with the windows open, but when the sun will not strike, and in that way the colors will last much longer.

Most materials will be thoroughly shrunken if they are well covered with boiling water and allowed to remain until the water is cold, then hung shrunken if they are well covered with where they can drip until just dry enough to iron. A cloth that shrinks badly may have this operation repeated a second time, omitting the ironing, but putting it twice into the boiling water, first allowing it to get perfectly dry after the first wetting, and ironing it after the second. Don't try to iron it until it is just damp; it irons much more easily and isn't stiff.

One of the old-fashioned methods of setting colors was to use oxgall; and it is supposed to set any color in silk, cotton or wool, but it must be perfectly fresh, and isn't easy for every one to get. One tablespoon of oxgall to one gallon of water, preferably soft water, is the right proportion. If too much oxgall is used it turns white materials to yellow.

One ounce of sugar of lead dissolved thoroughly in twelve quarts of boiling water will set any color except blue in cambrics, calicoes or muslins.

Salt-peter, one ounce to twelve quarts of boiling water, is good for blue and green. Calicoes with blue or pink designs can be set by putting one tablespoon (level) of baking soda in twelve quarts of boiling water. Vinegar can be used in the same way for pink or green. But be sure to use pure cider vinegar.

Pearl ash used the same as vinegar will set purple or blue. All the above are used in boiling water.

Three gills of salt dissolved in four quarts of boiling water will set almost any color except blue, and that color it sometimes injures.

For buffs, gray or any delicate that one tablespoonful level of black pepper dissolved in twelve quarts of boiling water will set the color. Allow the material to remain immersed until cold.

For gray linen a strong tea made of common hay is sometimes used. In setting the color in any material it should be thoroughly rinsed in several waters before being hung up to dry.

Starch Your Walls.

It has become an established fact in the home laundry that to starch certain definite articles of the weekly family wash tends to make them stand clean longer besides to greatly improve their appearance. You can apply the same principle to your kitchen walls, especially if they are newly painted. A hard finish plaster wall painted in a pleasing color is the best finish for the kitchen wall, but needs to be washed. Washing with a strong enough solution to remove the dirt often injures the paint. To prevent this injury to the paint, apply a thin solution of starch to the walls after the paint is dry, using a whitewash brush. During the year the dirt settles in this starch and may be removed by washing off the starch with warm water in which a solution of the starch is dissolved. The paint is now clean and the starch treatment may be again applied and protects the wall until the next cleaning time.

Self-Service.

Three is the usual age for rebellion against milk. If children weather the period they will likely continue to drink milk as a matter of course for many years to come. When my little girl showed indications of approaching rebellion, I made a treat of the mealtime milk drinking.

She was given dainty cups, saucers and pitcher. Half a pint of milk was set beside her place at the table and she goured small cupfuls from the pitcher herself; not so ready at first, but improving with practice. At each mealtime she proudly announced: "I pour it out myself."—M. P. D.

The Ad Game.

Even with all the beautiful eyes on the market there comes a time when the child wonders what he might do that is different. I never destroy a magazine until it is a year old; then it becomes a plaything.

From the magazine I cut out all the bright advertisements, mix them up and let the children see if they can find the place they fit in. Then later the ads are cut in pieces for puzzles and fully as much pleasure is found in matching the parts to make the complete picture advertisement. For the next course a tube of paste and a scratch book are introduced and the various ads pasted in proper form in the book.—M. C. G.

WHEN THE ARE OUT

They Need Ne Restore

Men and women gear become irritated and blamed for the fault is the cause. Health is the cause. Busy wife or mother cares have worn winner whose an has worried him. Ill, are the nerve system. Their organs, need health. Tells on their nerves. The patient becomes happiness for the returns. Mrs. W. water, Ont., has Dr. Williams' Pink Pills and says she years ago I suffer with my nerves. T and the back of my able. I was depressed of medical attention. I was advised to try Pills and after taking felt much better. use with great benefit. baby was born the tonic that helped found them a speed and cannot recommend.

You can get the medicine dealer or a box from The Dr. Co., Brockville, Ont.

Highest

The highest world, and having more than five million tin mine.

Man learned him from the fish; how the badger, and his first swimming.

Palaces belonging nobility of Austria, police will include furniture and carpets grandeur contain.

There are many w Each has its place— some ways are better than others. use those ways. each individual advantage. Advertising is a game involving much. Every man into himself in a get things. He should. The more he knows the technical features, the more success thing will be.

Advertising is not ton favorably. There of moulding public merchants being in