

# ARE YOU STALE ON THE JOB?

August is the month for rest and recreation. We have always looked forward to August for a breathing spell, for a little relief from the rush and hurry of the planting and the harvest, and for a chance to build up a little in preparation for the busy fall season. This busy time begins with the corn cutting and lasts through the harvest of the beans, corn and beet, the silo filling, bean threshing, wheat sowing, etc. In fact there will be little let up until snow flies and winter shuts down for good.

The farmer needs a little rest, a change, a building up of his reserve force and energy, just as much as the city man who works fast and furious in an office. A little vacation for the man or woman who works hard at any occupation can not be counted as time lost. Long continued mental or physical effort tends to pull down one's vitality, to lessen his efficiency, to dull his mentality. In short, to make him "stale on the job." When one reaches that point it is best for him to get away from it all for a time.

Rest at home will not get the best results. He needs to get away from familiar surroundings and forget them, then do something that is pleasing, something he wants to do.

The same kind of vacation will not do for all of us. Some of us are content to wander off amid the bushes in the huckleberry country and come home laden with the rich fruit, and the delicious sauce and pies that follow throughout the year will serve as a frequent reminder of the good time we had. Some of us prefer to just "go fishin'," or to spend a few days just "a'zayin' around the borders of some one of our numerous little inland lakes or streams whose waters are so delightful at this time of year. I found my tent to a couple of the neighbors the other day for this purpose. They were not so particular about the

fish but wanted to get away from home and rest and "go fishin'." Some farmers will want to visit the city, and still others will choose to plot the "Oughto," as Hy Syckie calls it, out across the country and while he bolls along over the smooth roads, watch the rest of the world go by.

The form of vacation he may choose is of little consequence just so he gets the rest and change and comes back refreshed and ready to tackle the job again with mind alert and body quick to respond. He will accomplish more in one day than he would in three when he gets what I call "stale on the job." I recently heard a conversation between two farmers that illustrates the point. It ran thus: "Do you ever get all baked up with your work, when it seems everything needs doing at once and you hardly know which way to turn?"

"Oh, yes, every once in a while."

"What do you do then?"

"Just hitch up and go to town. Forget it for a while and next morning things will not look half so bad and first thing you know they will straighten themselves out." That is what an alert mind does, and the quickest way to clear the mental vision oftentimes is to get entirely away from the work for a time and enjoy a complete change. Change rather than idleness is rest, and furnishes that variety which adds spice to life and makes it enjoyable.

And while on the subject of vacation, let me add a word in behalf of the good housewife. Everything I have said here applies to her with equal if not greater force than to the farmer himself. Her work is more monotonous, more exacting, more confining than his. It would never do for her to get 'stale on the job' or let anything on the job get stale, so let him not forget to take her along and see that she has a rest, a change and a good time.



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Our Fashion Book, illustrating the newest and most practical styles, will be of interest to every home dressmaker. Price of the book 10 cents the copy.

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### Watch for the Mites.

If you have not already done so, go into your poultry house during the day and examine the woodwork around the perches, nests and dropping boards. If possible, lift some of the perches out of their supports, turn them over and look at the bottom of them and see if there are little clusters of minute red insects present.

If you have taken proper care of your house, sprayed it and painted it with mite-proof paint, you will probably be free from these parasites, but if you have not taken these precautions, the chances are a hundred to one that your birds each night are suffering the ravages of millions of these little insects.

Make up a solution of the following ingredients: One part of kerosene, one part of kerosene oil—if possible, the old oil which you have drawn out of the crankcase of your automobile—and one part of a good disinfectant or wood-preserving product.

Agitate this mixture well and paint or spray the perches, perch supports and the woodwork around the dropping boards and the nests. A good application of this put on in the early morning will thoroughly dry into the wood before night and is a sure preventive against mites.

Just a little time spent in considering some of these important winter-weather problems will surely make all the difference between profit and loss in the management of the poultry flock.

### An Open Fireplace.

If your camp house is built on dead grass or a false flooring of pees over low ground, it will be necessary to build some sort of fireplace or grate so there will be no danger of the fire spreading. Cobblestones will be just the thing. Some smaller ones, two layers thick, with larger ones for the four walls, will serve nicely.

If no rocks are available, cut four logs about four inches in diameter, notch the ends of each halfway through and form a crib about three feet square. Then mix clay with water to the consistency of mortar and build a five-foot brick log, bringing the edges up several inches from the floor. Be sure not to get the mortar too thin, as the more water used the more apt the fireplace will be to crack.

# S.S. LESSON

August 12. Jethro's Wise Counsel, Exodus 18: 1-27. Golden Text—To every man his work.—Mark 13: 34.

### ANALYSIS.

I. THE VISIT OF JETHRO, 1-12.

II. THE JUDGMENT OF MOSES AND JETHRO'S COUNSEL, 13-27.

INTRODUCTION—Jethro was the "priest of Midian," whose daughter Moses met at a well in the Midianite country, and who gave him a hospitable welcome when he was a fugitive from Egypt. Moses married his daughter, Zipporah, and spent some years with her as a shepherd, keeping his flock. He is also called Bevel, or Begeru (2:18; Num. 10:29), and Hobab (Jud. 4:11), but this last name is more likely that of a son of Jethro, as in Num. 10:29. As a priest, probably chief priest, of his tribe he must have been a person of some importance.

Chapter 17 tells of the further journey of the Israelite people through the rocky and mountainous wilderness of Sin, or Sinaï, and of the approach to Horeb, where Moses had his vision of God and the call of his great task. It relates the incident of the smiting of the rock from which water came forth, and of the battle with hostile Arabs, the Amalekites, where Joshua first appears as commander of the fighting men of Israel.

I. THE VISIT OF JETHRO, 1-12.

Here we learn for the first time that there had been a separation between Moses and his wife, and that while he was in Egypt she and her two sons had been with her father. They may have come back after the incident related in 4:24-26, where there seems to have been a dispute regarding the circumcision of one of the sons, and Moses' severe illness, almost resulting in his death, was attributed to the anger of the Lord on account of the neglect of this religious duty. Jethro seems now to make peace and to reunite the family.

The names of the two sons are explained here by the meaning of the Hebrew words which enter into these: Gershom may mean, "a stranger," and Eliezer means "My God is a help." Compare 2:22.

At the mount of God; the sacred mountain of Horeb, or Sinaï.

Moses went out to meet his father-in-law, who had sent messengers on before (v. 6), to announce his coming. It appears here as a worshipper of Jehovah, and it is assumed by some writers that Moses had learned of this name Jehovah (pronounced more correctly, "Yahweh," meaning "He is," see 3:14), from the Midianites. Compare 6:3. This fact would create a very strong bond between the two, and there is reason to believe that the particular clan or family group to which Jethro belonged joined the Israelites at a later period of the wilderness sojourn (Num. 10:29-32; Jud. 1:16 and 4:11).

II. THE JUDGMENT OF MOSES AND JETHRO'S COUNSEL, 13-27.

Moses sat to judge. Apparently he had not yet associated any others with himself in the government of the people. He was bearing the heavy burden alone. "Why stammer thou thyself alone?" The answer of Moses is significant. It reveals what lay very near his heart, that is, his sense of responsibility for the guidance of this people committed to his care by God. He stood in the place of God to them. "The people come unto me," he said, "to enquire of God." Would it not be well that every magistrate, legislator, and ruler should feel as Moses felt regarding his task?

The Statutes of God and his laws. The story reveals very clearly one important source of Israel's laws. The decisions of Moses in the cases brought before him were remembered and, quite possibly, written down. These would come to have the value of laws or statutes, and other judges in similar cases would be guided by them. No doubt there were added to these also the decisions of other judges in later times in such new cases as would frequently arise. There must have been added also such definite commandments as those received by Moses in the mountain (19:7-8). It is recognized that the judgments of Moses court, given as here described, are as truly the "statutes of God and his laws" as the commandments which are called the "words" of God (20:1).

Not good, v. 17. The motives of Moses are good, but his method may be improved. Moses shows his wisdom by his willingness to receive the counsel of his friend. That which Jethro advises is represented in Deut. 1:9-15 as Moses' own declaration to the people.

Able men, such as fear God, men of truth, having covetousness. It would be difficult to describe more perfectly the quality and kind of men needed for positions of honor and trust in every nation. They should be able, God-fearing, truth-loving, seeking no selfish ends. Moffatt renders: "Capable men among the people, religious men, honest men, who scorn unjust profits." It is possible that the thousands, hundreds, fifties, and tens represent larger and smaller clans or family groups, over which these rulers were to be appointed. Moses himself, to whom the hard cases were still to be brought. The charge delivered by Moses to these newly appointed associates in judgment, as reported in Deuteronomy, chap. 1, is very fine and should be read in this connection, Deut. 1:16-17.

In these days of ingenuity and inventions, strange things may be brought to your notice, but of all these the oddest to me was to see a man seated on the tire carrier of his automobile, sowing clover seed, his wife driving the auto.—G. S. E.

Worn linoleum can be painted. Scrub the linoleum with soda water, and when thoroughly dry, give it a thin coat of ground oak color paint. Then paint with a dark oak color and varnish with a good spar varnish.

# WHY NOT TRY SOME BAKED ICE CREAM?

BY NELL B. NICHOLS.

If you are hungry for a different dessert for dinner, why not try some baked ice cream? It is novel. And it always wins approval. These velvet creations are mighty nutritious on account of their high content of eggs and cream. As to taste—well, they inspire almost every palate they touch.

Ice cream is a stepchild in many kitchens. Its manufacture does not receive one-half as much attention as does the making of its affinity—cake. A woman's skill in fashioning sweet layers and leaves is considered an index to her ability in cooking. The frozen dessert is taken for granted. That is why it frequently is an inferior product.

Various tests have been conducted to determine accurate rules to follow in the home manufacture of frozen desserts. During these experiments I have been convinced that the proportion of ice to salt employed in the freezing is a matter of great importance. The generally accepted standard, three parts of ice to one of salt, has been questioned the last few years. It has been demonstrated that eight measures of ice to one of salt give excellent results.

Ice cream, like cake, is at its best if airy and light. When eight cups of ice to one cup of salt are used in the freezing, there is a greater expansion of the dessert than when less ice is employed. During the freezing there is an expansion of 35 per cent. with uncooked mixtures and of 25 per cent. with cooked custards. With three parts of ice to one of salt the expansion is only 18 per cent.

To avoid a waste of salt in the freezing process the freezer is filled one third full of chopped ice before any salt is added. Then the particles cannot sink to the bottom, where they do not function in melting ice. After the first layer of salt, it and the chopped ice are added alternately.

One of the good points about ice cream is that it may be made several hours before it is to be served. I find that this facilitates greatly the last-minute meal preparations. The proportions of ice to salt for packing the frozen dessert vary with the size of the freezer and the time allowed for ripening. Eight parts ice to one of salt are satisfactory with all freezers if the cream is allowed to stand several hours. I find that four measures of ice to one of salt give fine results on all occasions.

If you have a summer dessert problem, perhaps some of these tested recipes will be helpful. All measurements are level.

### FRENCH VANILLA ICE CREAM.

Three tablespoons flour, 2 eggs or 4 egg yolks, 1 cup sugar, 2 cups milk,  $\frac{1}{4}$  teaspoon salt, 2 cups thin cream, 2 tablespoons vanilla.

Mix together the flour, sugar, salt, and eggs. Add scalded milk gradually. Cook in double boiler until thickened, stirring constantly. Cook Add cream and vanilla. Strain and put into ice cream freezer. Pack freezer with a mixture of chopped ice and salt, using eight parts of ice and one of salt. Freeze.

### CANADIAN ICE CREAM.

One quart cream, 1 cup sugar, 2 tablespoons vanilla.

Scald half of the cream and dissolve the sugar in it. Add the remaining cream and vanilla. Freeze.

### BLACK-EYED SUSAN CREAM.

Fill the lower part of sherbet glass with chocolate ice cream, and the upper part with vanilla cream. Decorate the top with a black-eyed Susan, using unblanched almonds for petals and a small chocolate cream for the centre.

### FRUIT ICE CREAM.

Two cups of fruit juice or 3 cups crushed fruit, 1 quart cream, 2 cups sugar.

Crush the fruit, add the sugar and allow it to stand until it is dissolved. Scald half the cream, cool and combine all the ingredients. Freeze.

### ORANGE ICE.

1 quart water, 2 cups sugar, rind of 2 oranges, 2 cups orange juice,  $\frac{1}{4}$  cup lemon juice.

Make a syrup by adding sugar to the boiling water and boil for five minutes. Cool, add orange juice and grated rind. Strain and freeze.

### BAKED ICE CREAM.

Make a sponge cake and bake it in an oblong pan. One-half inch from the edge, on all four sides, cut out cake about one inch deep. Fill with ice cream, having cream extend two or three inches above cake. Cover ice cream with a meringue made of four egg whites and eight tablespoons of sugar. Have meringue flush with sides of cake all around and make certain there are no air holes through which the heat can penetrate. Place cake on a board and put into a very hot oven from five to eight minutes. Remove and serve immediately. In serving, slice straight through meringue, ice cream and cake.

### SIX CONTINENTAL RECIPES.

#### RED CABBAGE, A CZECHOSLOVAKIAN RECIPE.

Select a firm head of cabbage and shred as for "kohl slaw." Boil until tender in salted water. Drain and serve hot, with the following dressing: Two tablespoons of butter, 1 tablespoonful of vinegar, 1 teaspoonful of sugar, 1 teaspoonful of caraway seed.

Mix these ingredients and cook with the cabbage for 10 minutes.

#### SWISS CEREAL CABBAGE.

This is almost a national dish in Switzerland, being served with the frequency of potatoes in Sweden. The outside stalks and longer leaves are trimmed off and the root, or "heart" is left and the entire stalk cut in half. After boiling until tender in salted water, the stalks are drained and arranged on a shallow, buttered baking dish, a meat stock, or gravy poured over them and cheese grated thickly. Then they are placed in the oven and served when the cheese has become brown.

#### MUSHROOM AND CABBAGE (AUSTRIAN).

For a meat substitute, use finely-cut mushrooms and cabbage in equal quantities. The cabbage is cooked first, in boiling salted water, until tender. A rounding tablespoonful of butter is placed in a saucepan with a teaspoonful of flour and cooked until smooth with a teaspoonful of lemon juice and half a cupful of gravy, or stock, if one has it. If not, boiling water is substituted. Into this the mushrooms are stirred and cooked carefully until tender; then the cabbage is added, all being stirred together thoroughly.

#### LITTLE BUNGS OF MASHED POTATO ARE PREPARED.

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