Storing up Grapes for the winter

THE APPLE AND GRAPE CURE

An easily made dessert
Grape Sherbet

Bringing the "Grape Cure" in.

ONCE in a great many whiles somebody is found who cannot digest a raw apple, or who thinks he cannot, which amounts to the same thing.

Once in a great many more whiles we stumble upon an unfortunate who declares that grapes disagree with him. I have personally known dyspeptics who could not eat sweet, light, ripe bread without acute distress, and at least one man to whom a swallow of water was like liquid thrown upon a red-hot surface. It was cast off almost as soon as it went down.

In our talk of to-day we will not take into account extreme idiosyncrasies of appetite and digestion. Each is an exception to a general rule, and should be classed rather as a disease than a peculiarity.

Three thousand years ago the royal author of an incomparable love song wrote:

"As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste." And again—"Comfort me with apples," or, as the marginal reading has it—"straw" (old English for "strew") "me with apples." This same kingly bard was the first horticulturist of his age, knowing, as we read elsewhere, the name and properties of every growing thing "from the cedar of Lebanon to the hyssop upon the wall." The exalted rank he assigns to the apple tree is therefore worthy of respect, and has been abundantly confirmed by latter-day pomologists and dietitians. An eminent English authority upon food values says: "Eat uncooked apples constantly, although, of course, in moderation, and years will be added to your life, while the evidences of age will be long in coming." After explaining that apples contain more phosphates in proportion to their weight than any other article of food, fish not excepted, he adds: "Phosphoric acid contains the least amount of earth salts, and for that reason is probably the nearest approach to the elixir of life known to the scientific world. If you want to live long and to retain your youth at the same time, eat plenty of apples, drink only distilled water and eat as little bread as possible."

An American dietitian puts his case very mildly in saying: "An apple contains as much nutriment as a potato in a pleasanter and more wholesome form."

Let it be distinctly understood that all this laudation of the king of fruits assumes that ripe, sound apples and none other are to be eaten. Green apples are solid verjuice and justly dreaded by mothers and nurses. The apple, at its best estate, is nutritious and medicinal, a corrective of digestive disorders, and valuable in rheumatism, biliary irregularities and insomnia.

Dr. W. W. Hall, for a long time editor of the Journal of Health, one of the ablest and most commonsensible writers upon dietetics this country has ever known, put upon record fifty years ago his belief that it was impossible for a healthy person to eat enough ripe, sound grapes to injure his digestion. "A pound of grapes," he asserted, "may be eaten at one time with impunity and with benefit to the eater." This—to the superficial thinker—startling hypothesis is fully supported by the history of the grape-cure, as practiced upon the European continent. In certain towns and cities where this is popular schools, public and private, are closed for ten days when the grape season is at its height, and household tasks suspended for the same time. Hundreds of families and hosts of visitors to these places flock to the vineyards and practically live there while taking the "cure." This same "cure" consists simply in eating all the ripe grapes one can consume daily, and little else except brown bread and butter. The specific effect of grape juice taken thus, au naturel, is to bring the stomach and bowels to a healthy condition. It acts also healthfully upon the blood, dissolves and ejects biliary calculi and gravel.

It is altogether possible that the free, joyous life in the open air may contribute essentially to the marvelous cures reported by those who have tried the course of diet I have described. Granting this, much is left to the credit of the fruit. The grapes must be at their best maturity; the skins are rejected, but not the seeds. Surgeons are now agreed that the popular idea of grape seed lodging in the vermiform appendix is a fallacy. The origin of the belief was undoubtedly the fact that minute calculi in shape not unlike a grape seed are sometimes found in a diseased appendix.

This chapter is written especially for Our Housemother, whose conscientious and consistent aim is to feed her family with food convenient for them. A barrel of apples will furnish desserts for hungry, growing children for a longer time and at a cheaper rate than pastry, confectionery and other sweets at double the price. The abundance of grapes in the market at this season and their cheapness—from 15 to 25 cents for a five-pound basket of Concords, Catawbas or Niagaras—bring them within the reach of families of humble means. You may not be able to go to the Grape-Cure; you may bring the Grape-Cure to you. Buy the fruit by the bushel; discard sweets of all kinds; cut your butcher's bill down two-thirds and turn the children loose in the storeroom which you have converted for the time into a home-made Grape-Cure. For those who have a small plot of ground, or even a city or village yard, there is nothing that can be cultivated with so little trouble and with so great profit to the household as well-selected grape vines. They take kindly to city walls, and, unlike some other fruits, do not have alternate seasons, bearing abundantly every year. A little judicious pruning in February or March will insure a growth of new wood, which is the provision for that year's harvest.

Marion Harland

HOUSEWIVES WHEN THEY MEET AND THE SUBJECTS THEY DISCUSS

Our Foremothers' Housekeeping

A GEORGIA member of our Great Household "frees her mind" with regard to the question agitated from week to week—"Were our foremothers better housewives than we? If they were—Why?"

Our Georgian has the courage of her stalwart convictions, and her freedom of speech will doubtless provoke a host of replies.

I am an interested reader of your page, and the query as to whether housekeepers of the present day are equal to or inferior to their grandmothers finds a feeling reply in my heart. I am taking time when I should be asleep, to write you.

In my judgment, there are two, nay three, valid reasons for there being fewer "beautiful housekeepers" (if there be fewer) now than two generations ago.

One, and I think the principal, is that girls now are not taught by their mothers the principles of order, system and neatness of that exquisite housekeeping for which our maternal grandparents were justly famous. Then, girls grew up with the idea of one day having homes of their own, and counted it disgraceful not to know by experience every "in and out" of household management. Now, nearly every girl looks forward to a "career," as she styles it, not knowing that the career for which God made her, is that of housemother, is the truest, sweetest and most soul-satisfying which she can choose. She should be fitted for this as surely as she would be fitted to teach, keep books, etc.

Secondly—and why many people are asking and trying to answer—is the poor health of the present generation of women, as compared with that of their mothers and grandmothers. One rarely sees a really well woman to-day. I know but two, and one of those (?) has rheumatism.

Thirdly—I can give this reason for those of us in the Southland. It is the indifferent, unreliable, and, sometimes, absolutely worthless servants. I am suffering from these three reasons; therefore, I know whereof I speak. The subject requires and is worthy of volumes.

C. M. (Barnesville, Ga.).

Maple Sugar From Corncobs

1. In response to "How to make maple sugar from corncobs?" a woman from Ohio, whose friends made the so-called "maple sugar," told me to take red corncobs, and boil them in water for an hour or longer, then add sugar. She did not tell me the proportions, but any one might experiment a little, if she is anxious to try for such sugar. Boil all down to the consistency required, and cool in the pans. This woman also told me that maple flavor is to be obtained from boiling shellbarks, or white walnut shells, straining and sweetening.

I have not tried either, but I am glad to offer this as a suggestion. I make no assertions for or against these.

2. About dyeing goods—part wool and part cotton—I could recommend most highly trustworthy patent dyes.

I had a hat covered with white flowers (cotton). These were somewhat the worse for wear. By mixing a little green dye with bright blue, and following directions, plus a little common sense, I colored my hat a beautiful light blue, which matched a mohair gown. By experimenting a little, I colored some satin ribbon successfully and samples of wool (with the same dye) which matched my flowers. Any one who can mix colors for painting, either water colors or oils, can mix dyes of any desired shade. I find this a most useful accomplishment.

I should not hesitate to try lace and straw in this dye.

I found different textures absorbed the dye more or less rapidly. Cotton took it the most rapidly, so I watched my pot and materials until I got the desired shade.

M. S. B. (Kittatinny, Pa.)

As you may have noticed, I have carefully refrained from recommending any home-made dyes to our readers. It may be necessary to use these when one is remote from the town where a good dyer could be found. I have seen no dyes which were satisfactory in the hands of amateurs, and I have seen many tried. I am willing, however, to believe that the result of your experience differs widely from what I have gleaned by observation, and congratulate you heartily upon your success. I shall keep the name of the brand you use. Will you kindly let us know if the colors "hold" well as time goes on?

Baby Wisdom

In reading your article (as I always do) I saw a couple that I might answer to the writers' advantage.

To "Young Mother": I never nursed my children very long, as they did nothing but cry all the time. When I started on the bottle with Malted Milk, all was quiet, and we hardly knew we had a baby. This, however, is rather expensive when they get older. At 6 months, I gave my boy three Graham crackers, soaked in boiling water and cooled with milk or cream, four times a day—8 A. M., 12 M., 3 P. M. and 6 P. M. I have never been up at night to feed him since he was 4 months old. He is now 11 months, and as strong and solid a little fellow as you could find.

To young man with aversion to eggs: I found one day, through mistake, I could make very good coffee cake without eggs. One cup of sugar, one cup of milk, one tablespoonful of butter, about two cups of flour, and one and one-half teaspoonfuls of baking powder.

Put on layer-cake tins, sprinkle with sugar, cinnamon and dots of butter. This could also be used for layer cake. I hope it will give some satisfaction.

Mrs. C. A. O. (Chicago).

If you had had an abundant supply of natural nourishment for the boy he would not have cried continually. He cried because he was hungry. Five out of ten babies who cry a great deal, and apparently without cause, have not enough to eat. The other five scream because they have had too much. Nature has evidently been stingy in her provision for your boy. Any artificial food is an experiment and a risk. You are fortunate in selecting one that agreed with your baby. Will you let me say that three graham crackers would be a severe tax to the delicate stomach of a 4-months-old? Farinaceous foods should not be given, as a rule, until "drooling" shows that the salivary fluid is secreted in sufficient quantities to assist in the digestion of the cereal.

Yeast That Will Make Itself

Some months ago, a correspondent asked for a yeast that would make itself, as she was going where our ordinary yeasts were not obtainable, or would not keep. If such was given, I did not see it, but lately I found one in a scrapbook, and I copy it just as printed. Maybe it is not as new to others as it was to me, but maybe, again it will be of some use.

Do the Sisters know that one to two tablespoonfuls of water added for each egg in a custard, makes it more tender?

And, now, please, if my ticket is good, I would ask a couple of questions.

Will pears, or peaches, or almost any fruit canned without sugar, keep?

Can saccharin be used for sweetening in canning fruit?

A. D. McC. (Leipsic, Ohio).

Your ticket is good for all time, being paid for in advance. Now as to your questions:

1. I do not see why fruit canned without sugar should not keep, provided, always, that it be sealed boiling hot in air-tight cans. Vegetables put up in this way keep perfectly well. The sugar is added to the fruit because, when canned, it is usually served as a sweet.

2. Saccharin may be used for sweetening canned fruit. Of course, you should bear in mind the intense sweetness of the substitute and regulate the quantity proportionately.

Chicken News

As some of "us" may be raising chickens, I will tell you what cured mine of the sore head. Lard and copperas mixed and rubbed on the head. It cured all that were not already blind.

Do the "sisters" all know that to wet a cloth in clear water, wring, then wet with kerosene and wring again, will clean window glass better than soap and water? After cleaning with the oiled rag rub with a dry rag and polish with newspaper rubbed soft.

Mrs. L. L. (Mendoza, Texas).

A new correspondent, and heartily welcome to Our Circle.

THE MODEL BED CHAMBER AND WASHABLE DRAPERIES

By Mary E. Carter

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EVERY bedchamber large enough to hold both should have a couch as well as a bed. A couch tends to preserve the order of a bedroom in the daytime when a siesta is taken. The advantage of having a couch for that purpose is obvious because it leaves the bed undisturbed. Those who take pride in having their rooms always orderly know that a bed slightly out of order mars the entire appearance of any room, however faultless it may be in every other respect. Lying down upon the outside of a bed soon soils the coverlet. But if one is obliged to use a bed for a short rest, the coverlet can be protected by having always at hand a light spread of some sort, or even a sheet, to lay over the spread during a daytime sleep. It can be kept folded under the pillow when not in use. Another advantage about this is that it prevents increased laundry work, where many white bedspreads add to the heaviest portion of that work.

Unless a house is to be supplied with two sets of window shades, light-colored ones for winter and dark for summer use, it is wiser for all-the-year-round service to have them of dark green holland, because they protect the interior from the sun in hot weather and make an agreeable shade. In cool weather, when a house requires all the sunlight possible, the green shades can be rolled up to the top all day, as ordinary sash curtains and window hangings afford sufficient privacy during sunlit hours, and after the house is lighted in the evening the dark shades will answer all purposes of shielding those inside from outside gazers.

Sash curtains of some washable goods requiring no starch wear longer and are prettier than anything that must be stiffened, and therefore would need frequent laundering of the most troublesome kind. Plain white scrim, hemmed, makes durable and pretty sash curtains. Fine cream-white cheesecloth is cheaper, very dainty-looking, and also wears well. After serving a reasonable time as curtains it can be turned into dusters, straining cloths and window polishers.

Window hangings that exclude the light in cool weather are objectionable. Better have none at all than those that make gloomy rooms. Heavy stuff window hangings are neither artistic, healthful nor pleasant. They gather dust, and, if of wool, harbor the earliest moths. Spotless window hangings of some sheer and inexpensive material are more satisfactory for a dainty, but busy, housewife. They add to the attractiveness of a room and screen the interior sufficiently, while admitting light and air. The way in which windows are dressed always manifests the good sense and the good taste of the one responsible for their hangings.

In all house furnishing a lover of absolute neatness never selects anything "because it will not show dirt." On the contrary, the preference will always be given to things that do show when they need cleaning. Then it will not be overlooked, nor will anything be allowed to get very dirty. Assuredly this makes a nice use of things imperative, but that should be a part of everybody's education; when not learned early in life, it is yet never too late to mend uncleanly or careless ways.

Carpets, rugs and all floor coverings that show every little speck are the most sanitary of all, if for no other reason they should be chosen because the cleaner the house the more wholesome it will be, and nothing can excuse the fact of hidden dirt, which always in time invites or breeds disease. It costs a little more vigilance and faithful daily cleaning to keep a house thus furnished looking clean, but it costs less in the long run than where dirt becomes established because invisible. Visible or invisible, it is dirt all the same. Seen or unseen, it is the indirect cause of visible doctor's and drug bills, that nobody enjoys seeing or paying. Immaculate neatness is the truest economy, and preserves the household goods for a longer time. It is not use and cleaning (as some would have us believe) that wear things out, but abuse, and soil ingrained, make them useless, worthless and offensive.

Every one, old and young, who can write should possess a desk. They are so useful and so inexpensive that there is no excuse for not providing each room with one. Desks promote orderly habits, for where each member of a household has one under lock and key, the probability is that individual belongings in the writing line will be kept in better order than they could be without the desk conveniences. Those who are not accustomed to the boundaries of a desk are apt to acquire careless ways, just for lack of a suitable place for their stationery and general correspondence. The school boy and girl early accustomed to a private desk, with a trash basket under or beside it, will hardly need to be told to use both, the advantage to themselves will be so obvious. Besides the desk every room should have some arrangement for holding books—a small bookcase, a revolving stand or a hanging set of shelves. Wherever it is possible, the books should be inclosed or have curtains sliding on rods to protect them. Dusty books are vexatious and soon grow shabby. A little inexpensive ornamental feather duster always hanging beside the shelves is the most desirable and only suitable thing for removing dust from books, because it will not deface them. Feather dusters, as a rule, are objectionable anywhere about a house, because so few people seem to know how and when they should be used. For general dusting they are worse than useless, like many serviceable articles they may be made nuisances by misuse, but every house needs one very large feather duster with a long handle for cornices and pictures hanging too high to be reached with a cloth. And this duster needs washing regularly and drying in the open air, if it is to serve its purpose, and not become a dust disseminator.

Individual taste and notions will, of necessity, rule all house furnishing. The only thing one can do for others is to touch upon general and salient points and make suggestions, with the hope of reaching and helping any who are on the lookout for hints upon the subject.

Self-Making Yeast

BOIL two ounces of the best hops in four quarts of water for half an hour; strain and let the liquor cool down to the warmth of new milk; then put in a small handful of salt and half a pound of sugar; beat up one pound of the best flour with some of the liquor, and then mix well all together. Let this mixture stand until the third day; then add three pounds of potatoes, boiled and mashed; let it stand a day longer, stirring frequently, and keeping it near the fire—i. e., keep warm—in an earthen vessel; then strain and put in bottles and it is ready for use.

The advantage of this yeast is that it ferments spontaneously, not requiring the aid of other yeast. It well cooked and kept in a cool place, it will keep six months or more. It has been thoroughly tested, and never fails to make delicious bread.

A. D. McC. (Ohio).

I am not a housekeeper, but for several years I have been a cook and baker, and for the benefit of the young man from Minneapolis, I submit the following recipes, all of which contain no eggs.

We cooks make many stews, and quite often with DUMPLINGS, and here is a recipe that is good if cooked as soon as they are mixed and eaten as soon as they are cooked.

Dumplings

Two cups of flour, three spoonfuls of baking powder; one spoonful of salt, and water to make soft dough. The same mixture will do for

Steamed Pudding

if the flour is stirred full of fruit before the water is added. It will steam sufficiently in one and one-half hours.

The next course may be

Macaroni and Cheese

Stew one-half pound of macaroni until soft; drain off the water and add one cupful of grated cheese; seven or eight tablespoonfuls of dripping from roasted meat; two cups of milk or water; two spoonfuls of flour and water thickening. Sprinkle a handful of crushed crackers over the top and bake until brown. A little chicken gravy, or something as good, is an improvement.

White Cake

May be made by taking one small cup of sugar; one-half cup of butter; two small cups of milk; two heaping teaspoonfuls of baking powder, and five cups of flour. Cream the sugar and butter; then add the milk, which must not be too cold. Lastly, put in the flour and powder and a little of whatever flavoring suits you. Mix all together, add the juice of one lemon and beat for ten minutes, or until you get tired. You can bake in a mould, or spread one-quarter thick and wash over with milk, and bake in layers. Two ounces of melted chocolate may be stirred into the foregoing to make a CHOCOLATE CAKE, or one-half pound of citron may be added to the white. Mix and bake in a mould. The more you beat the cake the better. It is especially good for high altitudes.

Rice Pudding

May be made without eggs by putting one cupful of rice, four cupfuls of milk, egg, into a double boiler and cooking until done, without removing the lower from the boiler. It will cook in about an hour. Then make a lemon, nutmeg or cinnamon sauce to pour over the pudding.

Pumpkin Pies

The bakers make these pies without eggs by taking one quart of cooked pumpkin, one-half cup of sugar, two cups of milk, a tablespoonful of flour and water thickening, one teaspoonful, each, of ginger and cinnamon.

This makes three pies.

A MAN COOK (Fort Collins, Col.)

Our "Standby" Cake

One-half teacup of butter creamed with one and one-half cups of sugar, one cup of sour milk, one teaspoonful each of lemon and vanilla extract, ground cinnamon, and one-half teaspoonful of cloves, three scant cups of flour. Sift one-half cup of the flour into a chopping bowl and set aside; thoroughly sift the remainder, adding a level teaspoonful of soda; beat well into the mixture; add a cup of seeded raisins to the flour in chopping bowl, and mince; mix well into the batter and bake slowly in a dripping pan, about half an hour. The chopping of the raisins gives individuality to the cake. This cake is nice plain, but if you wish to enamel it, since you cannot use plain white icing, which goes nicely with the rich brown cake, make a caramel of two cups of sugar (light brown, preferred) and one-half cup of sweet cream; boil about five minutes, or until it begins to thicken; remove from fire, add a teaspoonful of vanilla, beat until it cools, and spread quickly over the cake.

MRS. J. L. M. (Eaton, Col.).