

# The Belding Banner Magazine Section

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PAGE SIX

## WOMAN AND HOME

Under this department receipts, ideas, experiences and information of interest are solicited

### Canning Hints

Can only products that cannot be kept otherwise. Dry fruits and sweet corn and such other vegetables as may be preserved in this way.

Concentrate products so that each jar or can will hold as much food and as little water as possible. There is a shortage of containers. Don't let one be wasted in your home. Empty spices and similar materials from jars and fill them with food.

Reserve regular tight-sealing containers for perishable vegetables, meat and fish. Use wide-necked bottles and paraffin seals for putting up fruit and preserves; use glasses or crocks for jellies and jams; use bottles and jars corked and sealed with paraffin for fruit juices, catsups and other liquid products.

If you wish to procure complete instructions for home canning write to the United States department of agriculture, states relations service, office of extension work, north and west, Washington, D. C., asking for the complete series of their home canning instructions. The information is sent free of charge.

### A Clean-Up Job Later

"There," says the good woman as the transfer man drives off with her trunk. "Now I'll know whether or not the baggagemen are really as rough with things as they are said to be."

"How will you know?" asked her friend.

"I put an egg here and there among my clothes."—Judge.

### Vitamines

A great deal is said nowadays about vitamins in our food and we wonder what they are. The most definite information scientists seem to

be able to give us is that they are two unidentified substances that are essential to life. They are frequently called growth determinants or food accessories. One of these vitamins is soluble in fat and one is soluble in water and alcohol. The one that is soluble in water is destroyed by heat, so while the food may contain them, if the cooking has destroyed them they are valueless to us.

The vitamins appear in different parts of different foods. The white of the orange skin contains them. An interesting experiment is being carried on at M. A. C.—some rats are growing whose only food is distilled water in which has been soaked some white of orange peel. This proves that the vitamins are life sustaining. When a child likes to eat the white of an orange, possibly nature is taking care of the child, even though some people may think it isn't quite "nice" to eat it!

The outside coats of the wheat grain contain the mineral matter and the vitamins; but the mineral matter is unavailable to us because it is so surrounded by cellulose, or the woody fibre, which is indigestible; and the latest word from the scientists tells us the vitamins are killed during the process of baking bread from the coarser flours. To obviate this the long cooking of cereals at a low temperature is advised.

Now a great many people like the bran because of its laxative qualities, but by soaking the bran in water and drinking the water you will find the water is laxative while the remaining bran is not. Whatever it is that gives bran its laxative qualities is dissolved into the water. The same thing may be noticed about eating apples. Some people find eating an apple with its skin on a mild laxative, but if eaten without its skin, it is not laxative.

Never put vegetables to cook in cold water. They lose their flavor.

### Making Life Joyous

It is not the great tragedies which make life so disappointing. It is far more the lack of the world that might perfectly well have been spoken of. Some people find eating an apple with its skin on a mild laxative, but if eaten without its skin, it is not laxative. It takes very little sometimes to set life at the full again, and when our hearts do leap with joy it is more often than not because something old has flourished again. Why hunt up novelties when by just a touch on some old spring the whole world will look like a new world to someone you know? Is there one of us who does not know two or three exact spots where he can make that happen?

### Canning

Preparing Fruits and Vegetables.—Start with clean hands, clean utensils and clean, sound, fresh products. Throw out all vegetables and fruits which are withered or unsound. Wash out all grit and dirt. If possible, use only fruits and vegetables picked the same day and never can peas and corn picked more than five hours. Prepare fruits and large-sized vegetables for blanching. Remove all spots from apples. Prepare beans and greens as for cooking. Be especially careful to remove all foreign plants from the greens. Blanch vegetables and all fruits except berries by leaving them from 3 to 5 minutes in clean boiling water. Remove the blanched products from the boiling water and plunge them quickly into cold water, the colder

the better. Take them out immediately and let them drain. Don't let them soak in the cold water.

From this point on, speed is highly important. The blanched vegetables and fruits, which are slightly warm, must not be allowed to remain out of the jars a moment longer than is necessary.

Time schedule given is based upon the one-quart pack and upon fresh picked products.

When processing fruits in steam pressure canners, not over 5 pounds of steam pressure should be used.

When processing vegetables and meats do not use over 15 pounds of pressure. After processing, remove the containers.

Tighten the tops of jars immediately and stand the containers upside down in a cool place, being careful that no draft strikes the hot jars. Watch for leakage and screw covers down tighter when necessary. Store in a cool, dry place, not exposed to freezing temperature.

Use band labels for cans, being careful not to let the glue get on the can itself as it may cause rust.

From time to time, especially in very hot weather, examine jars and cans, making certain that there are no leaks, swellings or other signs of fermentation.

There will be no spoilage if the directions are followed implicitly and the containers are sealed up tight.

Fruits which are put up with heavy sirups are kept under cork and paraffin seal. Save all wide-necked bottles, glasses and jars for putting up fruits.

Vegetables, meats and fish, however, can not be kept safely unless they are hermetically sealed. Reserve regular jars for products that can not be packed in other ways.

As there may be some difficulty in securing cans and jars, dry or keep in other ways everything that need not be canned.

### About the Body

1. The body is made of muscle, bone and blood. The muscle formers, need lean meat, eggs, milk and its products, nuts and legumes. The bone formers, milk, cereals and vegetables. The blood formers, water, fruits vegetables.

2. The fuel foods needed to provide energy and to maintain the bodily temperature:

- a. Fats and oils.
- b. Sweets—all forms of sugar, remembering the sugar in fruits and vegetables is more digestible than commercial sugar.
- c. Cereals and potatoes.
- d. All those foods which are muscle formers.

3. The body regulators:

- a. Bulk—provides by whole cereals, vegetables and fruits.
- b. Water.

If to this outline you bear in mind the following two facts, you will be reasonably certain you are providing a well-balanced diet.

Each day serve some raw fruit or vegetable that you may be sure you are providing the necessary vitamins.

Each day provide some food rich in calcium, or lime, phosphorus and iron.

Foods rich in calcium and phosphorus—beef, eggs, milk, wheat, rice, oatmeal, dried peas and beans, beets, carrots, parsnips, potatoes, turnips, apples, bananas, oranges, pineapples, dried prunes almonds, peanuts, walnuts.

Foods rich in iron—beef, eggs, milk, barley (flour or cereal), cornmeal, oatmeal, rice, wheat (flour or cereal), beans (dried or fresh), cabbage, sweet corn, peas, potatoes, spinach, turnips, apples, dried prunes, raisins, figs, dates, lettuce, celery, string beans.

Recipes for Hot Weather Drinks

Orange Nectar—One and one-half cupsful orange juice, one cupful pineapple juice, one-half cupful lemon juice, two-thirds cupful sugar, two cupsful water. To the strained fruit juices add the sugar and water. Stir until sugar is dissolved, then place on ice until chilled.

Mint Punch—One quart fresh mint leaves, one cupful grape juice, one cupful strawberry or raspberry juice, sirup. Bruise the mint leaves and cover with boiling water for ten minutes, strain and add the grape juice (either fresh or canned fruits may be used). Sweeten to taste with sirup made of equal quantities of sugar and water boiled together for ten minutes.

Egg Lemonade—Juice of two lemons, one-fourth cupful of sugar, one egg, two cupsful water. Beat the egg until well blended. Add lemon juice and sugar and stir until dissolved. Add water, mix well, chill in refrigerator or add ice, and serve.

Black Raspberry Nectar—Two and one-half cupsful unsweetened raspberry juice, juice of two lemons, two-thirds cupful sugar, two cupsful water. Wash and dry the lemons, then rub the surface thoroughly with the sugar to extract the oil. Squeeze out the juice and add to raspberry juice. Add sugar and strain. Add water and chill.

"My boy, Coodrod, liked the story of 'The Prodigal Son' so much that he 'towed he'd be one,' related Gap Johnson of Rumpus Bridge. 'He says to me, 'Gimme what's comin' to me.' I studied over it for a spell, and then I casually knocked him down with a neckyoke. 'There!' says I, 'you've got what is coming to you and all the rest of the prodigal sons without the trouble of sa'ntering away off som-ers after it. Get up and plow that there corn!' Also he done it."—Kansas City Star.

Father—I got a number of sealed proposals at my office to-day.

Daughter—Oh, pa, were any of them for me?—Philadelphia Press.



FLUFFY FRILLS.

White voile with three clusters of white net frills will make you a charming summer frock. If you fashion a surplice, put bretels on it, like up your sleeves and then place quaint little spots of cherry velvet ribbon as indicated you will have a bodice that matches the pretty skirt.

## Good Roads Department

### Need of Standard Methods

Standardization methods of road construction and a standard system of classifying highways are needed. No system of classifying highways is better than that of traffic density. It is highly desirable that careful counts should be instituted by state highway officials to determine the present main routes of travel. Just as in railroad revolution, density of traffic determines the amount of investment, so highways should be classified on the basis of density of traffic into trunk lines, main lines and feeders.

In railroading, a light traffic is handled by a single line of track with switches; main line traffic is handled by double tracks. Trunk lines handling heavy traffic are sometimes four tracked, six tracked and even eight tracked.

The solution reached in the construction of permanent country roads around Cleveland is instructive. It is similar to the solution followed in railway evolution. The right of way for the highway lies between two fences 60 feet, more or less, apart. Economy is attained by building the permanent highway one-half as wide, leaving the balance of the dirt road for the present as before.

In railroading it is an axiom that the capacity of a single track of railway with sufficient switches and uniform speed of trains is practically unlimited. In Cuyahoga county, Ohio, hundreds of miles of permanent country roads of narrow widths are being built, using a special type of brick which is produced cheaply in that locality for the surface, set upon cement foundations. Future generations may wish these country auto tracks if they so desire. But they will act more wisely if they invest the money in an equal number of miles of new narrow roads of permanent construction to act as feeders.

A 12-foot permanent road is possible, summer and winter, for the harvest loads. The dirt road lies to one side of the new trackway just as before. The country needs thousands of miles of narrow roads of permanent construction, intersecting as feeders with the wider main lines and trunk lines. Such feeders need not be wider than 12 feet. The advantages are plain. Not only are such roads passable summer, fall, winter and spring for the harvest loads, but they are also permanent.

And, above all, they are a state and municipal undertaking, and not a subject for federal endowment.—Wall Street Journal.

Miss De Style—Does she think very much of that aviator?

Miss Gumbusta—Oh, yes. She worships the very ground he flies over.—Life.

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## CHILDRENS PULPIT

### God Or the Golden Calf?

Here is a very interesting page in the history of the doings of the Israelites. It happened only a short time after they left Egypt. God had promised them that He would dwell with them forever; and the people had declared that they would be true to Him and obey any law He might give them. Moses then went up into Mount Sinai to receive the instructions and the laws of God.

But the echo of the people's declaration had hardly died away when they began to ask Aaron, the priest and leader in the absence of Moses, to make them an idol which they might have as their god. It seems that they did not consider their declaration to God as binding upon them. The pledge was easily made and just as easily broken. They make us think of some people nowadays who go to Sunday school and church when they feel like it and stay away when they feel like it.

Well, Aaron told them to bring him their ear-rings, their personal jewels and their golden trinkets. These they gladly brought to him. It seems that they were more in earnest over their idol than over God. I wonder how many of us would give up such things for our God. Aaron took them and having melted them in the fire made of them a golden calf. With great music, dancing and joy the people declared that this calf was their god which had led them from Egypt and which they worshipped.

As they were at the height of their joy Moses came down from the mountain. He heard their dancing and music and asked what it all meant. When Aaron told him what had happened he was very angry. He threw down the two tables of stone on which God had given him the Ten Commandments. They were broken in pieces even as the people had broken the law and their own pledge. Moses then took the golden calf and burned it and ground it to powder and scattered it on the water so that the people, as a punishment for their wrong, would have to drink it.

Moses then returned up the mountain to God and pled with God that He would forgive the people of their sin. He even offered himself a ransom for them. Through Moses' in-

terceding God forgave the people, but still their folly and lack of loyalty is a blight on their lives. They broke their solemn pledge and high resolve so easily!

I love to place alongside of this a page of history from the doings of our own Congregational forefathers, the Pilgrims, at Plymouth. The first year that they were in America about half of their number died either of sickness or exposure. The wild forest, the vicious Indians, starvation stared the remainder in the face. A ship came from England and offered to take them back to friends and loved ones. It lingered a few days that they might go aboard and thus return to old England. But what joy thrills our hearts as we learn that not one of the little band returned! They were true to their hope, their ideal and high resolve even in the face of death.

### Regulates Egg Production By Electric Light

Working overtime in the henhouse is the latest bit of food production efficiency, and a California man is credited with being father of the idea. With the aid of electric lights he equalizes the short days so as to deceive the hens and make them lay longer, and he claims that the results are not detrimental to the hens.

According to a description printed in an official publication of the state, wires are strung along the roof of the house and from these a drop cord lamp is hung in each coop. The time clock by which the lamps are automatically turned on is located in the main barn close to the house. The lights do not go on the same hour each night, but the hens are made accustomed to the lengthened hours gradually. For instance, in September, when the days begin to shorten, the lights are turned on at five o'clock and are started a half hour earlier each week until three o'clock has been reached.

## Today's Poem

Who Wins in the Battle of Life? It's not in the name and the loud acclaim,  
That the truest victory lies,  
And the men who reach to the highest fame  
Are the first to scorn their prize.  
There's many a worse fate in this world  
Than to lose an uphill fight,  
If you keep the flag of your faith unfurled  
And stick to the rule of right.

There's a lesson taught in the loser's pain  
That the victor may not buy,  
That the greatest gain from the strife and strain  
Is a purpose pure and high.  
From an age uncouth, came the law of truth  
Made the dead their stepping stones.

In the how and when, the what and why,  
And not who won the fight,  
In the truest sense life's guerdons lie  
To the eye that sees aright,  
And the dearest prize to the level soul  
Is not in praise nor pelf,  
But in conscience clean and self-control  
Of the men who rules himself.

Parson—Do you know the parables, my child?  
Johnnie—Yes, sir.  
Parson—And which of the parables do you like best?  
Johnnie—I like the one where somebody loafs and fishes.—Philadelphia Record.

## Notice to Our Patrons

On and after August 6th., the following change in deliveries will be made. Two in the forenoon and two in the afternoon.

Forenoon 7:30 o'clock and 10:00 o'clock  
Afternoon 2:30 o'clock and 4:30 o'clock  
except on Saturday the last delivery will be made at 5 o'clock p. m.

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## Hotel Browning

Grand Rapids Newest Fire Proof At Sheldon and Oakes, Three squares from Union Station, Two from Monroe Ave.

Every Room Has Bath  
More Than Half Our Rooms at \$1.50  
No Rooms Above \$2.00  
Suites of Rooms for Touring Parties  
Beautiful Cafe Loggia  
Delightful Cafeteria Arcade  
Exceptional Cuisine. Perfect Service  
POPULAR PRICES  
4-26

## Pere Marquette train time at Belding

Corrected June 27, 1917

To Ionia and Detroit, 11:42 a. m.;  
4:42 p. m.  
To Greenville and Saginaw, 7:56 a. m.;  
6:50 p. m.

To Greenville and Big Rapids, 6:49 a. m.;  
5:20 p. m.  
To Lowell and Grand Rapids, 10:42 a. m.;  
2:00 p. m., and \*8:51 p. m.  
\*Daily.

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