

Our New Book of  
Everyday Etiquette



### Mind Your Manners

YOUR manners label you. Which fork you use, how you make introductions—all these acts tell the world the sort of person you are.

If you want to be the kind who's popular and never lacking for dates—mind your manners. Good manners are based on courtesy and common sense, with a few simple rules thrown in to guide you.

Do your manners measure up? Our booklet No. 45 answers your questions about introductions, dining out, table manners, movies and date manners. Send 25 cents in coin for "New Book of Everyday Etiquette." Weekly News Service, 243 West 17th St., New York 11, N. Y. Print name, address, booklet title and No. 45.

### Free Yourself From Pains or Backaches

Helps overworked kidneys remove body poisons from your system. Headaches, dizziness, rheumatism, unexplained pains, and general loss of "pep" may be caused by lazy kidneys not eliminating properly. Don't delay, but get WARNER'S COMPOUND 40 tablets 75¢ at your druggist or 60 post-paid with helpful information "What You Should Know About Your Kidneys" for dollar and his name. Warner's Remedies, Warren, Pa. (Adv.)

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Women in your "40's"! Does this functional "middle-age" period peculiar to women cause you to suffer hot flashes? Are you plagued with weak feelings? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this purpose!

Lydia E. Pinkham's Vegetable Compound helps build up resistance against such distress. Thousands have reported benefit! Also a very effective stomachic tonic. Worth trying!

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### SUNDAY SCHOOL LESSON

#### Our Responsibility in Influencing Family Life

LESSON TEXT FOR AUGUST 3—Proverbs 1:8, 9; 6:20-23; 17:6; 19:18; 22:6; 23:22-26.

MEMORY SELECTION—Train up a child in the way he should go; and when he is old, he will not depart from it—Proverbs 22:6.

EDITOR'S NOTE: Lesson subjects and Scripture texts selected and copyrighted by International Council of Religious Education; used by permission.

BY HAROLD L. LUNDQUIST, D. D. Of The Moody Bible Institute, Chicago.

TRUTH must be translated into living, and there is no place where it can be more effective than in the home. We will want to make much of this lesson, for it is the only one during the entire year which deals directly with the home.

The book of Proverbs, to which we were introduced last Sunday, abounds in practical advice with a definitely spiritual emphasis, a combination at once wholesome and effective. This is the first of eight lessons making application of Proverbs to the problems of modern life.

Everyone in the home has a measure of responsibility for making the family life what it ought to be. No one from the small child to the great-grandmother is without influence, and each must contribute to the welfare of the home. Our lesson reaches from the young person to the grandfather rejoicing in his children's children.

It begins quite properly with

I. Youth Looking to Parents (1:8, 9; 6:20-23; 23:22-26).

YOUNG people want to be well-dressed and properly groomed. They are interested in that which adorns and improves their appearance. It is right that they should have such concern. Let us remind them, however, that a young man or woman should not only be physically well-groomed, but spiritually attractive as well. If we should give as much thought to that side of our beings as we do to our bodies, there would be wonderful improvement in the life of the individual and in the home.

The child who is properly instructed, and who is responsive to that instruction, is prepared for life no matter where it may lead him (6:22). Wherever and whenever he needs guidance, night or day, it is with him. Even when he sleeps, he is in the hand of God for blessing.

Let no young man or woman be betrayed into that awful folly of our day which neglects the teaching of parents and of the church. Disaster is ahead on that road—sure disaster, and swift!

But now look at the other side of the matter, where we see

II. Parents Looking After Youth (19:18; 22:6).

THERE is a foolish idea current in our day which says that the way to rear children is to let them develop according to their own interests and instincts, without discipline or definite guidance.

The fruits of that kind of child training are now being harvested in the present crop of juvenile delinquents. We have the sad and awful proof before us that children cannot be reared that way.

We are not pleading for a return to the unduly restrictive measures of some of our forefathers; children are not helped by harshness or cruelty. But there is a proper place for definite instruction, for discipline, yes, even for chastening when that becomes necessary.

The larger part, and the most effective part, of this matter is the training of the child (22:6) and when properly done it brings for the finest of results in later life. The boy who has been taught and directed right may get on a sidetrack for a time, but there is always the promise of a return to the right way.

This business of rearing children calls for the best any of us can put into it, and over and above that, all the grace and wisdom that God can and will give us.

We have reserved one verse for our final point, for here we find

III. Age and Youth Working Together (17:6).

OLD men need encouragement, and they receive it in no richer or more satisfying measure than in the delight they take in their children's children. Young people should remember that and not fail to give to their grandparents, as well as their parents, the full measure of their interest and devotion.

But now note that "the glory of children are their fathers," yes, and grandfathers. How sad it is when a boy has to be ashamed of his father or one of his grandparents.

That puts on each one of us who has children a truly weighty responsibility. We must walk worthily before God, and before our children, even down to old age, when our grandchildren look to us for an example of godliness and gracious living. May God help us!

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### HOUSEHOLD MEMOS... by Lynn Chambers



#### Can Your Most Luscious Fruit (See recipe below.)

##### Fruit Preserving

This is the year many women have waited for—the year when they could obtain unlimited quantities of sugar to put up all the fruit in their orchards, and berries in their patches.

For many of us, it has been so long since we put up fruit in any quantity that a quick brush-up of methods is essential. As in all big undertakings, the underlying organizational work is most important, and this can be done the day before.

The day before you begin actual canning, check on equipment to be sure that it works properly. For fruit and berry canning you will need a water bath, which may be a large kettle or broiler, fitted with a rack, and a tightly fitting cover. Or, you also may use a pressure cooker for processing, but this is not as essential for fruits as it is for vegetables.

You will need several large pans and kettles for preparing the fruit and for making the syrup. You also will need to prepare jars, checking them for cracks and imperfections, and washing them in hot soapy suds. Make certain you have enough covers or lids.

##### Estimating Amounts

Although fruits and berries vary in size and moisture content, it is still possible to make some sort of estimate as to how much syrup and the number of jars you will need.

For sweet fruits, you will use a syrup made of 2 cups of sugar to 4 cups of water; for slightly acid fruit, use 2 cups of sugar to 3 cups of water; for acid fruit, 2 cups of sugar to 2 cups of water is ample.

If the fruit is very acid, 2 cups of sugar to 1 cup of water is essential.

The syrup is made simply by adding the sugar to the water and boiling together for 5 minutes.

If you are canning large fruits such as peaches and pears, allow 1 pint of syrup to a quart jar of fruit. For small fruit, or berries, you will need only a half pint of syrup to a quart.

The amount of fruit usually depends upon the size, but ordinarily we count 2 pounds of fruit for the quart jar. This will aid in estimating your yield.

##### Method of Packing

Some fruits and berries are hot-packed, but most women prefer using the cold-pack method for preparing fruit for canning as it takes less time. If the fruit is carefully packed, there will be little floating.

Wash and clean the fruit, peeling and coring, slicing and stoning when necessary. Pack into sterile jars and attach the lid, using manufacturer's directions.

Process by placing the fruits in a boiling water bath, making certain that the water comes to two

##### LYNN CHAMBERS' MENU

Pineapple Ice  
Ham Loaf with  
Spiced Peach Garnish  
Buttered Parsleyed Potatoes  
Harvard Beets  
White Bread  
Molded Melon Salad  
Fresh Berries with Cream  
Cookies Beverage

inches above the jars. If the water tends to boil away during the processing time, it's a good idea to have a kettle of boiling water near by from which the supply can be readily replenished.

Count the processing time from the time the water starts boiling.

When processing time is finished, remove jars (with a jar lifter to prevent burning the fingers) and place on thick layers of newspaper to cool.

For many of the new type lids, the manufacturer does not approve inverting the jar to test for leaks. This is one reason for not inverting certain types of jars.

When the jars are cool, wipe them off, label and store in a cool, dark place.

##### Use This Time Table

If you are using the water bath, which is recommended by most experts, you will want to observe the processing time very carefully.

The following fruits are processed for 20 minutes: apricots, blackberries, blueberries, cherries, currants, gooseberries, peaches, pears, plums, raspberries, rhubarb and strawberries.

Apples and pineapple, processed in the same type of water bath, will require 30 minutes, while quinces require 35 minutes.

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##### Queries Answered

How high should fruit be packed for canning? Pack fruit and syrup to within one inch of the top.

How much salt should be added to water in which peeled fruit is placed to prevent discoloration? Add one teaspoon of salt to each quart of water used.

What makes fruit and tomatoes float? Too much processing, too heavy a syrup or too loose a pack may be the causes.

Why should fruit for canning be uniform in size and ripeness? Fruit should be evenly ripe and about the same size so that processing will be equal.

Can I over-ripe fruit? No, it's too difficult to get a good product. Use over-ripe fruit and berries for fruit butters, as the fruit will have to be mashed and there is enough sugar to act as a preservative.

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#### A Slave Laborer Protests

This department has received a letter from a housewife saying it is about time she got some of the labor benefits, and demanding a little attention. "I am the most over-worked, over-rushed, overburdened, over-tired, over-exploited worker in this country," she declares, "and all this yelling about slave labor makes me sick."

The letter runs:

"Dear Sir: If you are looking for somebody who really has an honest kick about working injustices I'm your gal. My feet are flat, my legs are gone, my back aches, I've got a splitting headache, dishwater hands, chapped elbows, housemaid's knees, cookstove fever, set-tubague, grocery-list tremors, ironing-board jitters and that isn't half of it."

"Well, I'm revolting! I demand a new deal! I ask shorter hours, better recreation facilities, more money, six paid holidays a year and a fairer contract. And if I get 'em I'll eat your hat. Come to think of it, I guess I could refuse to do the dishes, sweep the house, make the beds, dust the furniture, look after the kids, let the cat out, air the dog, shop for the groceries, do the cooking and make a fourth at bridge right now on the ground that I have no contract, like John Lewis did. (Compared to a housewife, the coal miners have it soft. They just sweat deeper in the ground.)

"P. S.—Don't tell me to hire a maid. I had one once. Every time I moved anything in the icebox she certified a jurisdictional dispute."

"I am writing my congressman. There is nothing in any labor bill that even refers to me by inuendo. You will have to excuse me now as the sink is full of dishes again."

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