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Interest to Women

TEACHING PUPILS TO SEE CLEARLY MOST IMPORTANT

(By Angelo Patri)
Miss Kate read one composition after the other until the 45th was laid on the pile, its neat face checked over with red ink symbols. "There isn't a comma's difference between them. As alike as if they had been poured out of a mould. 'Abraham Lincoln was born in a log cabin.'"

It is not easy to put life into the compositions of the fifth grade. Miss Kate decided to pick a subject that children could experience, could knit into their personal experiences, and color with their own emotions. "I'll take them through this neighborhood. Then we can have a composition that has something in it."

That takes a lot of doing. "But it will be worth it. We will gather enough experiences to make a live series of compositions. They will be learning something, stretching their minds. It's worth it," said Miss Kate when her feet ached more than usual.

Each day the children made their notes, planned the outlines of their

weekly compositions in advance, adding and taking out, polishing and brightening each thought.

By and by the finished composition was packed, labelled and sent to the office. "No two of them are alike. At least they are lively stories, and that is something," thought Miss Kate.

In a few days the package came back to the classroom with a note from the supervisor. "Too many mistakes in spelling. Shows lack of drill in vocabulary. Punctuation needs attention; absence of commas indicates need of dictation lessons using them. Ten of the pupils did not keep margins, and too many others have crooked ones. I'll look for improvements in these particulars next month."

"I hope you see them," said Miss Kate to herself as she put the package to rest on the top shelf. "You're eyesight doesn't seem to be any too good in catching other things. Maybe I ought to take the examination for a proofreader's job and be done with it. Teaching doesn't seem to be the idea."

SALT TREATMENT AIDS SUFFERERS FROM EPILEPSY

(By Dr. James W. Barton)
Thousands of epileptics are now kept free from attacks despite the fact that the cause of epilepsy is still unknown. The attacks are prevented by cutting down on fluids and starch foods, increasing fat foods, and a daily dose of phenobarbital.

While this routine treatment gives no intestinal or other symptoms to the majority of epileptics, there are some in whom the phenobarbital gives symptoms of poisoning and the drug has to be withdrawn at times.

In searching for a simple drug which would lessen the twitching or convulsions, Dr. Alexander Wolk thought that the frequency of epileptic seizures might be reduced by magnesium sulphate—epsom salts.

In the Journal of Neurology and Psychopathology, he states his reasons as follows: (1) Rats on diet free from magnesium develop convulsions; (2) reduction of the magnesium in the blood is accompanied by great irritability of the nerves and muscles, and occasionally by muscular twitchings; (3) injecting magnesium sulphate (epsom salts) into the veins controls convulsions.

As too much magnesium in the blood in those with kidney disease causes stupor or coma, only those epileptics free from kidney disease were used in the experiment. The epsom salt was put up in quantities of less than a quarter teaspoonful up to four level teaspoonfuls, each patient receiving the largest dose he could stake without developing watery stools (diarrhoea). The epsom salts was given in a full eight-ounce glass of water, and the patient permitted to drink plenty of fluids to

LOS ANGELES, Nov. 3—After testifying Busby Berkeley cared more for his work than for his home, pretty Merna Kennedy, screen actress, today won a divorce from the film dance director.

"He would sit for hours and not talk," she testified. "He said he cared more for his work than for anything else, and that he thought our marriage had been a mistake."

CRANBERRIES IN THE MARKET TELL OF THANKSGIVING DAY'S APPROACH

More Uses Have Been Found for This Fruit Since
the Colonists Learned About Them from
the Bay State Indians

(By Edith M. Barber)

When you have been driving through the swamp lands of New Jersey or Cape Cod, far from towns and villages, perhaps you have thought that these apparently uninhabited bogs were waste lands. At this time of year, however, if you are brave enough to try the sandy roads which lead into the wilderness, you will find warehouses and shacks, uninhabited through most of the year, teeming with life. The cranberry pickers have arrived!

The bogs which during the winter and spring are flooded under several feet of water and which in zero weather resemble a limitless lake, are a mass of fresh greenery and pink blossoms in the spring. After the blossoms fall the berries begin to develop. During the summer they turn from green to cream and then to pink. With the first autumn tang comes the change to the brilliant red which we associate with the cranberries we use on our tables.

The berries are harvested both by hand and by a special type of rake which is sometimes known as a scoop. The supply for the coming year is about harvested now and the bog villages will return to their usual silence.

The first colonists up on Cape Cod probably learned from the Indians that the small red berries which were theirs for the taking, had a hidden flavor and tang which was developed by cooking. From the sugar maples came the sweetening which, by its very contrast, brought out the best of this tart fruit. Later came sugar from the tropics. Today we find in cranberry jelly and sauce, the union of two products which need entirely different climatic conditions and treatments to develop.

Nowadays, however, we have found many new uses for the pungent cranberry, full as many as for other fruits. The juice provides an appetizing cocktail. The cranberries themselves go into pies, puddings and conserves. To all of these the brilliant coloring as well as the flavor is an asset. A cranberry compote flavored with sherry makes a novel dessert with the berries by themselves or combined with grapefruit or orange. Candied cranberries are as attractive in appearance as cherries and provide color and flavor for garnishes.

While many of us have been accustomed to make sauce and jelly in quantities large enough for one or two meals, it is possible to make a larger supply and to keep it in sealed jars ready for use on demand. Either the sauce or the jelly may be used to fill pastry shells, to flavor whips or

desserts of the mousse type, as well as for our favorite winter relish with chicken, turkey and other meats.

Although the cranberry crop is not so plentiful as it is in the best years, it equals that of last year both in quality and quantity. Even when cranberries are higher than usual in price they are still inexpensive in comparison to many other fruits.

Cranberry Sauce, I.

2 cups water
4 cups cranberries
1½ or 2 cups sugar.
Boil sugar and water together five minutes; add cranberries and boil without stirring (five minutes is usually sufficient) until all the skins pop open. Remove from the fire when the popping stops and allow the sauce to remain in cooking dish undisturbed until cool. For a thinner sauce, bring water and sugar to a boil. Then add berries and let them cook until they stop popping.

Cranberry Sauce, II.

1 quart cranberries.
1 cup water
2 cups sugar
Pick over and wash cranberries; add water, cover and cook until soft. Add the sugar to the pulp and stir over the fire until it is dissolved. Pour in a wet mold or jelly glasses and cool.

Cranberry Jelly With Celery

1 quart cranberries
1 cup water
2 cups sugar
1 cup diced celery.
Pick over and wash cranberries; add water and cook until soft. Strain through a coarse sieve. Add the sugar to the juice and stir over fire until dissolved. Remove from fire and add diced celery. Pour into a mold or jelly glasses and cool.

Cranberry Conserve

4 cups cranberries
1 cup water
1 cup nut meats
1 cup seeded raisins
2½ cups sugar
1 sliced orange.
Cook cranberries in water until they stop popping; rub through a sieve and add coarsely chopped nut meats. Add raisins, sliced orange and sugar; cook for 15 minutes. Put away in glasses.

Crown Roast of Pork

5-6 pounds crown pork roast
Salt and pepper
1 cup cranberries
2 cups diced apples
1-3 cup sugar
12 crackers.
Place roast in pan, season and sear in hot oven, 500 degrees F. Wash the cranberries and combine with apples and sugar and then with crackers.

Heap this mixture in centre of the seared crown roast. Cover and roast in a hot oven, 425 degrees F. allowing 25 to 30 minutes to the pound.

Mince and Cranberry Pie

1½ cups mince meat
1½ cups cooked cranberries
½ cup sugar
Pie crust.
Mix one and one-half cups mince meat prepared as for pie; one and one-half cups cooked cranberries and one-half cup sugar. Place in a pie tin lined with pastry. Place one-half inch strips of pastry over top to form lattice work. Bake in a hot oven (450 degrees F.) about 15 minutes, then lower temperature to 350 degrees and bake 20 minutes.

Cranberry Tapioca

¾ cup granulated tapioca
½ teaspoon salt
¾ cups boiling water
1 pint cranberries
½ cup water
½ cup sugar.
Cook tapioca, salt and boiling water together until clear. Cook cranberries and water until soft and add to the tapioca with the sugar. Cook 5 minutes, pour into a wet mold, chill and serve with whipped cream.

Cranberry Compote

2 cups sugar
3 cups water
2 apples, cut in eighths
2 cups cranberries
2 oranges sliced.
Boil sugar and water together five minutes. Add sliced apples and cook slowly fifteen minutes. Add cranberries and oranges and cook for ten minutes longer. Serve cold as a dessert.

Cranberry Juice Cocktail

4 cups cranberries
4 cups water
2-3 cup granulated sugar
Cook cranberries and water until all the skins pop open (about 5 minutes). Strain through cheese cloth. Bring the juice to boiling point, add sugar and boil two minutes. Serve cold. This may be corked and sealed for future use.

Candied Cranberries

1 cup firm cranberries
1 cup sugar
1 cup water.
Wash and dry cranberries and prick each in several places with a needle. Boil sugar and water together until a little lifted on spoon spins a thread or cook to 230 degrees F. Add the cranberries and cook gently until the syrup will jelly when dropped from the tip of the spoon. Remove berries and place on waxed paper to cool and dry. Roll in granulated sugar and use in place of candied cherries.

Cranberry—Orange Relish

4 cups cranberries
1½ oranges
2 cups sugar.
Put cranberries through the meat grinder. Pare oranges with a sharp knife, remove seeds and trim off the white membrane. Put rind and pulp through grinder and mix with sugar and berries. Let stand a few minutes before serving. For future use, pour into clean, hot jars and seal.

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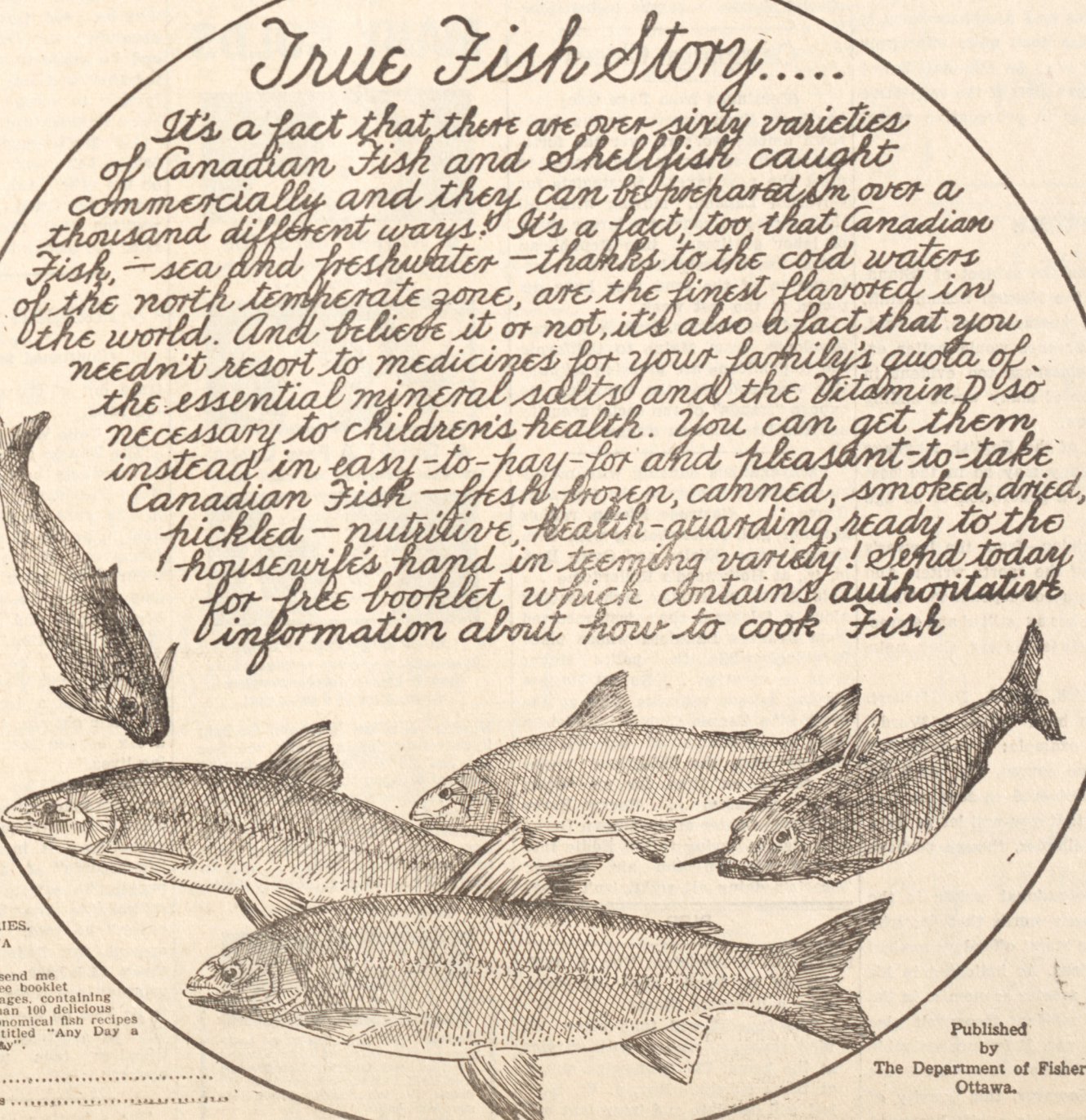
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