

Catholic Economist Work Out Dehydration Method For Preserving Vegetables

CHICAGO (NC)—War-wise homemakers with Victory Gardens need worry no longer about the shortage of home-canning equipment with which to preserve their home-grown vegetables, for Miss Hester O'Brien, home economist and graduate of Mundelein College, has perfected in the laboratories of the Public Service Company of Northern Illinois, a simple and inexpensive method of preserving produce by dehydration in the oven of a kitchen gas range.

As outlined in "The Home Contribution so far to the war effort in food preservation," Miss O'Brien's method requires only the kitchen gas range, a small wooden frame with cotton curtain netting stretched over it, and moisture-proof bags or glass jars in which to store the dehydrated vegetables.

The process consists in halting enzymic action by steaming the vegetables for a short time in an air-tight container suspended over boiling water. The vegetables are then skinned and sliced thin. The slices are distributed thinly on a small wooden frame spread with cotton curtain netting. The open floor is opened exactly eight inches to permit free circulation of air without reducing the heat. The oven is low, 150 degrees. The time of dehydration may vary from 4 1/2 hours to 8 hours, depending on the vegetables and the number of trays used. The dehydrated vegetables are then stored in moisture-proof bags or glass jars in a cool, dry place. To replace the water, the vegetables are soaked for about three hours and cooked in the same water.

Blended in the man that hath not slipped by a word out of his mouth, and is not pricked with the remorse of sin.—Ecclesiasticus, 14, v. 1.

French Bishops Oppose Deportation of Workers to Germany, Prelate Declares

LONDON (NC)—"All the Bishops of France disapprove the deportation to Germany of French workers," the Most Rev. Joseph F. Martin, Bishop of Le Puy, has declared in a sermon according to a report printed in La Marseillaise, published here.

Ten 'Rurban' Precepts

(A release of the National Catholic Rural Life Conference, 3001 Grand Ave., Des Moines, Iowa.)

- 1.—Locate within a reasonable distance of the community in which you expect to work. The most successful part-time farms have been found to be between the five and ten-mile radius. The maximum commuting distance is about 20 miles. The farther out the easier it is to buy a larger acreage.
- 2.—If you want to do part-time farming as contrasted with merely a garden, cow, and chickens for a subsistence program, the quality of the soil is the determining factor in success. Two acres of really good loam are worth infinitely more to the part-time farmer than ten acres of poor soil. The beginner who does not understand how to judge soils should get some one to help him. You can always call on the county agent.
- 3.—The average family defaults itself in part-time farming unless the financial overhead is kept within bounds. As a general building rule we can say: the total overhead should not exceed the rent previously paid in town or city. Overhead must include: interest, taxes, insurance, maintenance and transportation. For each \$1,000 of valuation, figure \$10 per month for overhead charge. Thus a \$2,000 place will cost around \$40 per month. It is generally wiser to purchase a place on which a house and small barn are already built. Buying land, and then erecting buildings will usually increase overhead.
- 4.—Look to the water supply. A good well is a satisfactory source of supply—provided it is a year-round source. Spend money to insure a water supply and go without other things. Crops, small fruits and garden produce—can be increased more than one-third by liberal use of water.
- 5.—Check the possibilities for selling products raised at retail prices. There is a wide gap between wholesale and retail price in food products—sometimes as much as 50 per cent. The next best procedure is to make arrangements with a special outlet: a hotel or high-class independent market.
- 6.—In choosing a part-time farm, don't think of hens! The land is dotted with places where city people have dropped a few hundred or a few thousand dollars in chickens. Plan to keep a down for home use—and expand very, very slowly as you get experience.
- 7.—Choose your part-time farm with the thought of trying out several lines—after you make sure of all the living possible for the family. With experience you will know what crops are most profitable—and you can concentrate on them.
- 8.—You don't have to choose a part-time farm with the idea of keeping a cow. It's much easier and less expensive to keep a good milk goat. It takes an acre or more of good soil to support a cow. And don't keep a horse. On most places, the small type walking garden tractor is satisfactory.
- 9.—Look around thoroughly before you buy! Take time and spend money enough to inspect many places. This in itself is an education to the prospective purchaser.
- 10.—Finally, if you believe you and your family will be happier and better-off financially on a part-time farm, but you have had no or little experience in rural living, it is always possible to rent a place for a year or two. This will give your family real experience in country living. Furthermore, in most instances it is possible to rent with the option to buy.—Free America.

Teacher: "Why don't you want to be President, Kenneth?"
Kenneth: "No, ma'am. Not just now, if it's all the same to you, I'd rather wait till we get out of this mess we're in."

TIMELY ETERNALS

By Rt. Rev. Msgr. Peter M. H. Wynhoven
Editor-in-Chief, Catholic Action of the South

TOO MUCH PATIENCE

That too much of a virtue can be a nuisance, was demonstrated to us the other night. We were invited to dinner at the home of a nice, interesting young family. The mother

attempts to raise her little boy according to good rules and regulations. The Benjamin of her back is a boy, the only one, four and a half years old. Patience in dealing with her children is her motto—as it should be.

Before the meal was announced, we sat outside on the lawn, where a little appetizer was served by the father. After awhile, the mother, all fresh and dressed up for the evening, joined the party. The children were around when she seated herself, with a sigh of relief after a busy day. Benjamin, whose name is Percy, insisted on sitting in Mother's lap. She sweetly and calmly told him that it could not be done, for he would muss her dress and, besides, she was too warm. Her arguments had no more effect than the proverbial cold rain on a duck's back. To the annoyance of the guests, and to the embarrassment of the father, the youngster kept on whining, pulling at her, and climbing all over her until, at last, she compromised by letting him sit on one knee.

BOY IS WARNED
The maid announced that dinner was served. As an exception, the children were permitted to eat at the big table. Percy was warned to eat very carefully and to tuck his napkin under his chin, so he would not soil his new white suit, which he was to wear to a championship football game after dinner.

Everything went according to Hays while the food was attended to. Percy has a healthy appetite that nothing can distract. But, alas! when chocolate pudding was served for dessert, his napkin had slipped, and the front of his little coat received a generous dose of the sticky confection. Quickly, he amended the embroidered, gaily colored smitens on his chest with a nasty brown that did not match.

Maternal consternation? No, not much! Capital P. for patience. Instantly and automatically dashed to our hostess' mind.
"Now, son, you see what you did?" were the words that fell in even tempo, from the maternal lips. "We shall have to put on another suit now, one that is not half so nice." Which announcement left Percy cold, because he didn't care how he was dressed, or how much his personal appearance meant to the one who loved him best.

Mother finished the party piled into a couple of automobiles and, after a short ride, reached the ball ground. We witnessed a thrilling game. After the excitement was over, a friend, who lived in the neighborhood, suggested that we come to his home for a cooling drink. The children were served a glass of Coca-Cola, a precious beverage on the ration list. Young man Percy dropped his glass and spilled his "coke" on the dining-room floor, an accident that can happen to any youngster his age. He started crying over having lost his drink. Patient mother settled that momentary grief in two sips of a lamb's tail, by consolingly providing her Benjamin with another glass of coke. Hardly was the terrors of his first spill cleared away and mopped up, when he dropped his second glass.

The matter then became patently provoked, and spoke, in dulcet tones: "Darling, now you shall have no more Coca-Cola; next time you must be more careful."
The "terrible" rebuke brought forth ill-tempered wails from young Percy's outraged personality. But the tricky mother had that display of temper under control in two nothing flat.
"I'll let you drink out of my glass," she said.

FATHER IS FIRM
At this turn of events, Papa, who had been working hard in a hot office all day, was fed up with exhibiting a of maternal patience, and with irritated determination, told his wife, "You shan't do any such thing. Drink your own drink, and I'll let the boy have a glass of cold water, if he is thirsty. That are go home."

How can the finish performance of this mother be explained? She is otherwise sensible, and a model mother in every respect. She is convinced that she scrupulously tries to train her children according to fundamental rules. She is intelligent, a willing graduate who has studied in child psychology. Her own mother reared her admirably.

She has succeeded with her other children, who are girls; but, from the looks of things, she is raising the youngest, her only boy. And the pity of it is that her mistakes are blindly produced on patience, the first requisite in child rearing. She does not seem to realize that, in this case, her brand of patience is frustrating the laying of the very foundation of good character, which is obedience. In the wake of disobedience will follow a thoroughly selfish lack of consideration for others, a failure to appreciate things that are right and true, and the affliction of an ungovernable temper. If child Percy is not taken in hand soon, his character is bound to be ruined.

Why can a mother act so inconsiderately and unwisely? The only answer is that she has an inordinate craving for the usual affections of her handsome little son with the big brown eyes. Her selfish, possessive love has blinded her. She adores the boy, and she cannot bring herself to do anything that will displease or hurt him, no matter how much it may be for his own permanent good. The egotism of paternal love is her weakness.

O Mary, through thy pure and Immaculate Conception, obtain for me purity of body and sanctity of soul.—St. Liguori.

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