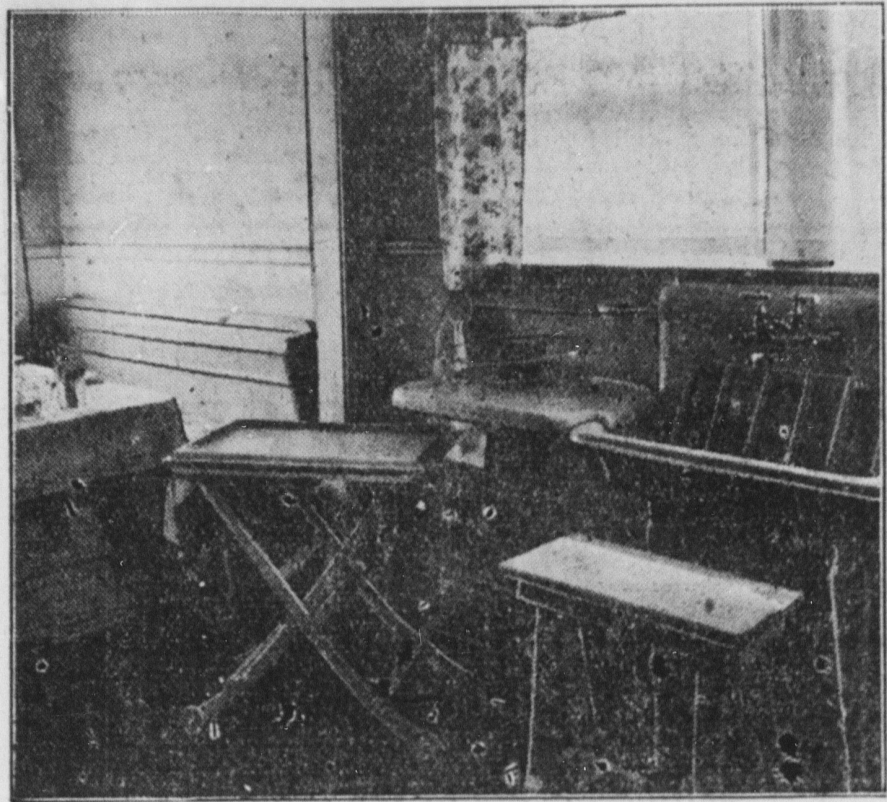


Well Arranged New Jersey Farm Kitchen



Tea Wagon Made by New Jersey Housewife From the Backs of Two Folding Chairs That Were No Longer Fit for Service.

Unusually well arranged is this farm kitchen in Essex county, New Jersey. The modern sink with its double drain boards is placed sufficiently high for a medium tall woman. It has splendid light from the double window above and also from the window in the dining alcove, which is near enough to make meal getting a very simple problem, yet just enough removed from the activities of the kitchen to be pleasant. The useful tea wagon was made by the homemaker and her husband out of the backs of two folding chairs that were no longer fit for service. The stool on which one can sit while washing dishes is also homemade. The wooden rack saves the bottom of the sink from marks made by the dishpan. Other features that make this kitchen attractive to work in are the cretonne curtains over the sink, and the applied drapes in the alcove. The improvements in this kitchen were the result of advice given by the county home demonstration agent. The photograph was taken by the United States Department of Agriculture.

Good Things to Eat

By NELLIE MAXWELL

Live for something, have a purpose, And that purpose keep in view; Drifting like a helpless vessel, Thou canst ne'er to life be true. Half the wrecks that strew life's ocean, If some star had been their guide, Might have now been riding safely; But they drifted with the tide. —Whitaker.

Everybody likes to make candy once in a while; let the boys and girls have the kitchen and make:



Peanut Brittle.—Take one and one-half cups of sugar added to three-fourths of a cup of corn syrup with two-thirds of a cup of cold water. Add one tablespoon of butter and one-half pound of shelled and skinned peanuts. Add three-fourths teaspoonful of soda and pour out into well buttered pan. When cold break up into pieces.

Butterscotch Pie.—Take one and one-half cups of brown sugar, one and one-half cups of water and bring to the boiling point. Pour over three tablespoonfuls each of flour, cornstarch and sugar well mixed, then cook until thick. Add the slightly beaten yolks of two eggs and cook a minute longer. Remove from the fire, add three tablespoonfuls of butter, one teaspoonful of vanilla, and a pinch of salt. Pour into a baked-shell and cover with a meringue, using the egg whites, a pinch of baking powder and four tablespoonfuls of sugar.

Chicken Meringue.—Take a four or five-pound chicken, dress, clean and singe, then disjoint. Sprinkle with salt, pepper and flour. Fry quickly in a frying pan until brown. Remove the chicken to a casserole. Fry one onion and two cloves of garlic well minced

for five minutes, then add four tablespoonfuls of flour and brown. Add one teaspoonful of salt, one-eighth of a teaspoonful of pepper, one teaspoonful of paprika, two cupfuls each of chicken stock and strained canned tomato. Cook until slightly thickened, then pour over the chicken in the casserole; cover and cook for one and one-half hours. When nearly ready to serve add two tablespoonfuls of chopped olives and one-half cupful of minced mushrooms.

A nice salad which is always well liked and is not hard to prepare is:

Asparagus With Chiffonade Dressing.—Arrange the asparagus, three or four stalks, in a ring of tomato or green or red pepper and serve with the following: Take one and one-half teaspoonfuls of salt, one teaspoonful of sugar, one-half teaspoonful of paprika, one and one-third cupfuls of salad oil and four tablespoonfuls of lemon juice. Put all the above ingredients in a glass jar and shake until thoroughly mixed. Just before serving add one hard cooked egg and two cooked beets chopped, three tablespoonfuls of parsley and two of onion also chopped.

Raised Corn-Meal Muffins.—Pour a pint of boiling water over a half cupful of corn meal, add two tablespoon-

fuls of shortening, one-half cupful of molasses, one teaspoonful of salt and mix well. Let stand until lukewarm and add a yeast cake dissolved in two tablespoonfuls of warm water, beat in about six cupfuls of flour, let rise until light, put into muffin pans, let rise again and bake in a hot oven twenty minutes. This mixture started at night is ready for breakfast muffins. The recipe makes one dozen and a half.

Mexican Lamb Stew.—Take a pound neck of lamb, cut it into small pieces and roll in two tablespoonfuls of flour and brown in one tablespoonful of sweet fat, with one onion chopped, three green peppers and three tomatoes all chopped. Fry for five minutes, add two quarts of hot water, a tablespoonful of salt and one-fourth teaspoonful of pepper. Simmer for an hour. Add one cupful each of green peas and corn and one-half cupful of rice. Cook until the rice is done. When ready to serve pour over one beaten egg and a teaspoonful of oil with one-half teaspoonful of vinegar.

Ginger Ale Ice.—Mix together three pints of ginger ale, one-half cupful of lemon juice, one-half cupful of orange juice and one-half cupful of sugar. Stir and dissolve the sugar, pour into a freezer and freeze to a mush. Serve in sherbet glasses garnished with a little chopped, candied ginger.

What the Children Need for Their Health

Many Essentials for Good Nutrition Must Be Present.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Some of the nutritional and environmental needs of children were discussed in a talk recently given by Miriam Birdseye, extension specialist in nutrition, before the West Virginia State Nurses' association. Miss Birdseye said, in effect:

"Adequate food must be provided for children. This means that essential foods must be raised on the farm or available at all seasons of the year in nearby markets. Chief of these are milk and other good-quality proteins, butterfat, whole-grain products, vegetables and fruits, and pure water. Foods must be selected to meet the needs of the body at different ages and to come within the reach of the family purse. They must be prepared and seasoned to meet the needs of different age groups, combined into appetizing meals and served at regular hours. Food habits must be wisely trained.

"Other essentials for good nutrition must be present. These are sunshine, sleep, rest, fresh air, happy work and play, freedom from overwork, normal emotional life, wise parental guidance,

protection from illness. A glance at this list shows that agriculture, medicine, sanitation, nutrition, home economics, and psychology all have their contribution to make. Specialized service is needed from a number of agencies, and on certain points several organizations can unite their efforts."

PAINT BRUSHES IN LINSEED OIL

Paint should never be allowed to dry on a brush, says the United States Department of Agriculture in Farmers' Bulletin 1452 on "Painting on the Farm." Nor is it advisable to keep paint brushes in water. When painting stops for more than an hour, the brushes should be kept in raw linseed oil. When painting is again resumed, as much oil as possible should be scraped or wiped from the brushes, after which the remainder should be thoroughly mixed with the paint by repeatedly filling the brush and scraping it against the inner edge of the paint pot.

Requisite for Success

Vigilance is not only the price of liberty, but of success of any sort.—Beecher.

The Bedtime Story

By MARY GRAHAM BONNER

"India," said the cobra snake, "is our home. We do a great deal of harm. Of that I am proud. They say that we cause the loss of thousands of people every year.

"Don't be noble, young cobra, and don't be gentle. Do you hear me, hiss, hiss?"

"But we have an enemy, a terrible, terrible enemy. Many stories have been written about him and his name is the mongoose.

"He is a little animal. His size can be compared to that of a ferret's, and he is supposed to be a cousin of that family.

"You must watch out for him. The mongoose will jump and hurry about a poor snake, getting a snake all mixed up and quite dizzy.

"But he won't get dizzy himself. No, he will only make the nice cobra dizzy.

"Then he will spring at the cobra." "Oh, oh," hissed the young cobra. "Yes, he will spring at the cobra," angrily hissed the old cobra, "and he will put his mean, contemptible, hor-

rid, sharp little teeth into the spine of a fine cobra snake.

"He will go for a cobra's beautiful snake throat. He will escape, like the quick little creature that he is.

"People say they like the mongoose because they say he destroys and kills us and we are so dangerous.

"But I think that is a very rude thing, both to think and say. But

somewhat. Pour a little melted butter over the chicken and put it in the oven to brown. Thicken the tomato sauce to the consistency of a gravy and add two or three tablespoonfuls of finely chopped parsley and green pepper if desired. When the chicken and the surface of the potato stuffing have become delicately brown put the chicken on a huge hot platter. Pour part of the sauce around it and serve at once.

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Honey Crystallization

Nearly all varieties of honey will crystallize, but the extent to which this takes place varies, due to the variation in the relative amounts of dextrose and levulose in them. Some honeys, such as alfalfa and white clover, crystallize nearly completely while others, such as sage and tupelo, remain liquid under practically all conditions of temperatures, etc.



The Old Cobra.

CHERRY PIE IN WINTER TIME

Cherry pie can be made in winter time if canned cherries are used. The bureau of home economics gives the following suggestions for making it:

Bake an undercrust until it is delicately browned. Be careful not to let this crust become too brown, however, or it will be overcooked when the pie is baked. Strain the juice off of the canned cherries. If they are unsweetened mix the needed quantity of sugar with about one-half tablespoonful of cornstarch for each pie, and cook this with the cherry juice until it is thickened. Add one tablespoonful of butter and a few grains of salt, stir in the fruit, and put this filling into the prebaked pie crust. Moisten the rim, lay the top crust in place, and press the edges carefully together so that the juice will not leak out. Prick the top crust to allow the steam to escape. Bake the pie for about 20 minutes in a hot oven (450 degrees Fahrenheit), or until the upper crust is brown.

For cherry tarts bake pastry shells on the outside of muffin pans, and fill with the fruit mixture. Serve at once, or to give an extra touch add a spoonful of whipped cream or cover with meringue made of a stiffly beaten white of egg, one tablespoonful of sugar, a few grains of salt, and a drop or two of vanilla. To brown the meringue, return the tart to a very slow oven for 15 to 20 minutes.

Engines Have Long Runs

Recently the Kansas City Journal published a story saying the Frisco system held a record with its run of 735 miles between Kansas City and Birmingham, Ala., with no change of locomotives. The Union Pacific has come back with the proclamation that no less than six trains of its system have regular runs of 734 miles, between Salt Lake City and Los Angeles, without changing engines. Now comes the Southern Pacific abridging to rivals and the world. It operates trains between El Paso, Texas, and Los Angeles, a distance of 815 miles, with the same engines pulling all the way.

HOW TO COOK ARTICHOKE

Jerusalem artichokes may be boiled in their skins and peeled afterward, or peeled beforehand. Only a small quantity of water should be used. Small tubers will cook in 15 to 20 minutes. They may then be served with melted butter with a few drops of onion juice, in cream, in white sauce, or in a savory tomato sauce; or they may be scalloped in a white sauce with grated cheese and crumbs on top. Pared and sliced Jerusalem artichokes may also be cooked in milk in a casserole or a double boiler, or they may be simmered in meat broth.

Stuffing and Baking the Chicken

A large fowl of too uncertain an age to be safely oaked may be appetizingly prepared in the following way, says the bureau of home economics:

Plump fowl, weighing 4 to 6 pounds 2 tablespoon
out seeds chopped onion
4 or 5 medium-sized 2 tablespoon
potatoes parsley
1 cup raisins, with Flour
out seeds Butter
3 cups canned toma- Salt and pepper
toes

Slimmer a plump fowl weighing four to six pounds in a small quantity of salted water until tender. Remove it from the broth and set the fowl aside for stuffing. To the chicken broth add three cupfuls of canned tomato and two tablespoonfuls of finely chopped mild onion and let this sauce cook down. In the meantime prepare a stuffing for the chicken by cooking and mashing the potatoes; and adding to them the raisins and enough milk to make the mixture like ordinary mashed potatoes. Stuff this while still hot into the body cavity and neck of the fowl. Crowd in all the stuffing possible and do not mind if it protrudes

Chic Shawls and Scarfs

By JULIA BOTTOMLEY



A SCARF, if not a scarf, then a fanciful shawl, or a triangle or kerchief square, thus does the mode call for something to throw about lady's fair shoulders.

Seeing that sleeveless gowns are decreed for the warmer months to come, the importance of shawl and scarf is all the more stressed. In the fashioning of these voguish sleeveless frocks dependence is placed upon floating panels, cape attachments, draped scarves, also clinging shawls to "conceal yet reveal" the contour of unsleeved arms.

The unusal is interpreted through the scarf which is incorporated as a part of the dress, rather than serving as an accessory. That is, it is actually attached at the neckline, with either or both sides brought to the front, on some one or another artificial manner. Dresses of sheer material especially flaunt scarf attachments. Now, very new, are kerchief square

ble fingers should not make her own evening shawl or scarf. Take either a square, a half circle or a length of velvet. Stamp a pattern on this, if not able to sketch free-hand. Be sure to use a very stiff bristol brush to accomplish the painting, which is really worked into the nap of the velvet until it leaves it smoothly tinted. Hand-tied fringe adds an elaborate finish.

The gorgeous scarf in the picture is of sheer velvet, the bordered ends being handsomely embroidered in multi-colors.

Exotic shawls, Spanish or Italian, as you will, still continue in high favor for evening wear. The one in the picture is in pure white with silver metal stitchery contributing to its enrichment. The molded-to-the-head toque is of silver cloth.

(© 1928, Western Newspaper Union.)

USE MEAT THERMOMETER WHEN ROASTING BEEF

If the homemaker would use a meat thermometer when roasting beef she would get the same results each time she cooks, according to the bureau of home economics, United States Department of Agriculture. The thermometer is placed in the center of the thickest part of the roast, and when it records certain temperatures, the meat has cooked to the stage of rare, medium, or well done. When the family preference is for rare roast beef, the meat should be taken out of the oven when the thermometer reads between 130 and 150 degrees Fahrenheit. A medium roast is cooked to between 150 and 170 degrees Fahrenheit, and the meat is well done at about 180 degrees Fahrenheit. The element of guesswork is thus removed when a thermometer is used. Meat thermometers are made by several different manufacturers. They are not expensive. Specialists in meat cookery in the bureau of home economics have found that by their use in the laboratory they can cook hundred of roasts and always have the results comparable. They recommend, therefore, that homemakers who wish to cook by exact methods should use the meat thermometer.



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