

# The GOLDEN RULE in PRACTICE

A series of articles by prominent leaders on the Golden Rule as a guide in later national relations.

## PLAIN LIVING AND HIGH THINKING

By CHARLES V. VICKREY  
General Secretary of the Near East Relief

THE GOLDEN RULE is a universal creed. Everybody accepts it. Most people try to practice it.

Golden Rule Sunday is examination day—a day of plain living and high thinking; of self-measurement by the Golden Rule to see how big we really are.

Golden Rule Sunday comes midway between the feasts of Thanksgiving and Christmas.

On Thanksgiving Day we satisfy ourselves with good things. We survey our broad acres, bulging granaries, and busy factories. We re-estimate our unprecedented and soaring wealth of more than three hundred billion dollars, far transcending anything previously or elsewhere known in all the world. Not least are we thankful for government under which life and property are safe. Truly no people ever had as great reason for gratitude as have we in America on Thanksgiving Day, 1925.

At Christmas we again indulge in feasting and mirth, and share some of our luxuries with relatives and friends, some of whom are so perplexed to know where to store the gifts that we pour into their well provided homes.

But on Golden Rule Sunday we express our gratitude and practice "pure religion undefiled before God" in a more vital way by considering "the fatherless and widows in their affliction" who, as worthy as we, by the vicissitudes of war, are bereft of everything. They have no lands, no granaries, no bank accounts, no savings, no employment, no homes, no food, except as the Golden Rule proves a vital reality in their lives.

It is proposed that on Golden Rule



Sunday, all persons who are disposed to make a practical application of the Golden Rule, provide for their Sunday dinner approximately the same menu that is provided, when funds permit, by Near East Relief for the tens of thousands of orphaned children in its care, most of whom are under twelve years of age.

Having partaken of the orphanage meal and entered into fellowship with the children overseas, we are asked to make such provision for them for the 365 days of the year as we should like to have made for ourselves, or for our children, if conditions were reversed.

Golden Rule Sunday will be observed throughout the United States in December, on behalf of the Near East Relief. This series of articles, by prominent public men who are supporters and spokesmen for this great philanthropy, is designed to call public attention to the background and purpose of the work and its need for general support.

## GOLDEN RULE AND WORLD PEACE

By DR. S. PARKES CADMAN

President of the Federal Council of Churches

In this powerful appeal for the adoption of the Golden Rule as a guiding principle in international relations, the great radio preacher holds up as an example in constructive international charity the work of the Near East Relief, which makes its annual appeal for the support of the American people on Golden Rule Sunday, observed annually in December.

NOTHING in the history of the American people of recent years so becomes them as their attitude towards the unhappy and persecuted people who have been the beneficiaries of the great work of the Near East Relief. At this season when the annual appeal for the support of this work is made, through the observance of Golden Rule Sunday, it is an overwhelmingly gratifying thing to hear the reports of the triumphs and successes of this philanthropy.

I have been hearing of the horrors of the Near East from the days of my

cal promises have not always been realized, at any rate we have tried to retain the credit of our people by contributing generously to this work, which we must continue to sustain.

As a churchman, I may be permitted to point out that the Near East Relief has contributed enormously to the cause of church unity. At Stockholm a few weeks ago I had the privilege of conferring with all the patriarchs and metropolitans and archbishops of the Greek church. They assured me that they have been drawn toward the West not by the common



DR. S. PARKES CADMAN

early youth, when Mr. Gladstone conducted his memorable campaign in which he denounced the Turk and urged that the Turks should be thrust bag and baggage out of their country. The horrors have continued ever since, but our country has been an instrument in alleviating them by contributions out of its abundance to the crucial need of the distressed orphans and what few unhappy relatives they have left to them.

We can do no better thing than to give for those who are in need, and thus make such merchandise out of our material welfare as to have credentials for the life which is to come. I do not take the attitude that there is anything much to praise about the American people in this matter, though I am proud of them, as we all are. It would have been a strange thing if we had not done as we have done.

When you think of the millions which are squandered in this country upon feminine devices for beautifying—which do not always succeed in realizing their object—when you think of the vast cost of trying to make mutton look like lamb, when you think of the multitude of surplus things with which we surround ourselves in daily life, and then see this work for far-off children, I think you will agree with me that even though our politi-

cal promises have not always been realized, at any rate we have tried to retain the credit of our people by contributing generously to this work, which we must continue to sustain. As a churchman, I may be permitted to point out that the Near East Relief has contributed enormously to the cause of church unity. At Stockholm a few weeks ago I had the privilege of conferring with all the patriarchs and metropolitans and archbishops of the Greek church. They assured me that they have been drawn toward the West not by the common

consent of intellectual minds nor by the doctors of the church, but rather through the work of Near East Relief. That work has won the hearts of great bishops as well as refugees and politicians. Truly we have seen the truth of the saying that a little child shall lead them. The little Armenian orphan, Zadi, whom thousands have heard sing and talk at the preliminary Golden Rule dinners in a hundred cities of this country, is a five-year-old representation of thousands of these Eastern peoples, whom we have approached not with theology or dogma, but with those deeds of mercy which are the very essence of true religion. There is a lesson of world peace in this philanthropic approach to the hearts of men. We must follow it up with this decision—that we will not allow the state in the future to dictate to the church or to any body of men as to what shall be their attitude toward peace and war. We must take our patriotism from the preaching of the prophets. Unless we want a fund like this every fifty years to repair the recurrent waves of slaughter and devastation, we must cling to the spirit of the Golden Rule. The quality of mercy is not strained. It droppeth as the gentle rain from heaven. It blenbeth him that gives and him that takes. It becomes the throned monarch better than his crown.

## Emergency Pantry Meets Home Need

By META H. GIVEN  
(Home Economist)

Efficiency and economy go hand in hand in the home as well as in the business world. The emergency pantry, latest innovation in the cuisine of the modern housewife is particularly indicative of the truth of this statement.

This new sort of pantry—it may just be a shelf in the regular larder—does away with that bugaboo of the home maker, the surprise guest. Every woman has had the experience of welcoming an unexpected visitor when supplies were at low ebb and has searched high and low to find something presentable to put on the table. The emergency shelf in the pantry does away with such worries in short order.

A can opener and presto—a veritable banquet can be prepared in a few minutes. The housewife may have her choice of many excellent meats, corn, tomatoes, mushrooms. If she is short of milk or cream, a can of evaporated milk, which is simply fresh cow's milk sterilized in the can and with sixty per cent of the water removed will do the trick. In fact she may have two hundred or more savory dishes ready to her hand.

When the surprise guest does arrive the hostess naturally wishes to be hospitable. She doesn't want to be tied to the kitchen range half the afternoon. She wants to entertain as she has been entertained.

It isn't possible if she has to phone frantically for the butcher, the grocer and the baker.

But that's only one of the places where the emergency pantry comes in. Backed by a well-stocked emergency shelf, the wife can get together a splendid luncheon or dinner in a jiffy. The spontaneous wish that comes at the last moment to informally invite a few friends for lunch can be gratified at once with the aid of the new pantry.

Afternoon tea for the bridge club is an equally easy matter. A glass of preserves or jelly, a platter of bread and butter, tea, and a dish of cookies will meet the ordinary demands of the casual caller and a can of evaporated milk will answer the milk or cream need.

## Be a Milk Tippler, Says Dr. Schireson

Peaches and cream complexions of American women have their foundation in a milk diet, according to Dr. Henry J. Schireson, famous Chicago dermatologist and facial plastic surgeon.

Doctor Schireson has won fame by beautiful motion picture, musical comedy and vaudeville stars and many society women of America. He transformed Fanny Brice's nose, rejuvenated Eva Tanguay's face, removed sixty-four pounds of adipose tissue from Truly Shattuck in one operation, straightened the cross eyes of the leading lady of Singer's midlets, and has performed other corrections for making people young and beautiful.

Doctor Schireson has one infallible prescription for the attainment of beauty. It is: "One quart of milk a day, one hour of sunshine, and repeat ad libitum."

"Beauty specialists and cosmetic makers," says Doctor Schireson, "would be driven out of business in a few weeks if all the women of America would drink their quart of milk a day."

"Babies and children have complexions of angels for the reason that they are fed largely on milk. Milk used externally or internally is a beautifier. Anna Held, I believe, was the first actress who adopted the milk bath. While this was a novelty at the time, and her press agent undoubtedly made the most of it, the principle in itself was sound. But a beauty secret of even more value is the daily quart of milk taken as a part of the diet.

"The milk-fed girl is easily distinguished by the velvety texture and the healthy color of her skin. Milk is a wonderful body builder, because it contains every structural element. It is, in a way, an elixir of life.

"Authorities agree that milk is the most nearly perfect food but it is an extremely delicate one as well. Heat sufficient to kill all bacteria is the essential of absolutely pure and sterile milk. One of the advantages of evaporated milk, which is simply fresh cow's milk with sixty per cent of the water removed, is that it is entirely sterile and is more easily assimilated than ordinary market milk.

"Milk is mentioned forty-seven times in the Bible. The Promised Land of the Israelites was said to flow 'with milk and honey' and Ovid graded milk as second only to nectar, the drink of the gods."

## How Butter Fat in Milk Is Broken Up

Do you know what the word homogenization means?

Ninety-eight out of 100 housewives to whom the question recently was put admitted they couldn't answer. Can you?

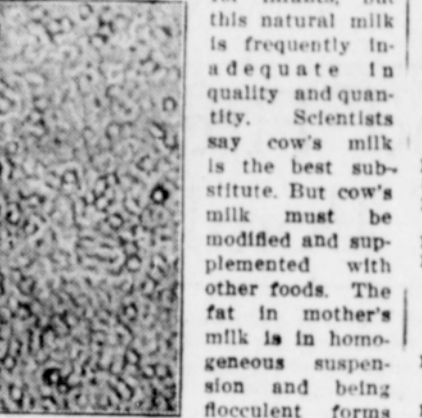
But here it is explained by Miss Meta H. Given, food authority doing research work at the University of Chicago.

"Homogenization," says Miss Given, "is the name of the process which breaks up butter fat in evaporated milk into tiny particles so they blend evenly with the solids. Homogenization causes the butter fat globules to adhere to the albumin and the casein of the milk. In the process, milk is forced through countless numbers of openings at a pressure of around 3,500 pounds.

"In addition to preventing a cream and skim milk line, this breaking up of fat contributes to smoothness and perfect blending of foods such as cream sauces, soups, ice cream and in baked products.

"It also has a digestive advantage for those who have difficulty in assimilating milk. Many pediatricians recommend evaporated milk as a baby food, although, like other substitutes for the natural supply, it should not be considered as a food complete in itself. Addition of orange or tomato juice, barley water or lime water are important in providing adequate diet for the infant.

"All authorities recognize that normal mother's milk is the best food for infants, but this natural milk is frequently inadequate in quality and quantity. Scientists say cow's milk is the best substitute. But cow's milk must be modified and supplemented with other foods. The fat in mother's milk is in homogeneous suspension and being flocculent forms small curds in the stomach, but the fat in cow's milk is in relatively large globules, forms large tough curds in the stomach and is much harder to digest. In evaporated milk the fat is broken up by homogenization and the curds softened until in size and digestibility they resemble natural infant food."



Globules After Homogenization.

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## Nourishing Drink for Children



BABIES and children, the same as adults, grow weary of being fed the same food in the same way each day. It is true that most children take naturally to milk, but that does not mean that they must be fed it ad nauseam. On the contrary, that is the very thing to be avoided.

Pediatricians advise consumption by children of a quart of milk a day in one form or another. This does not mean skim milk, but whole milk, for the skimmed product is lacking both in butter fat and the essential food element known as vitamin A, which is found in butter fat. Many mothers do not appreciate that removal of cream from the top of a bottle of milk results in skim milk.

In evaporated milk, a product recommended by many leading doctors for the use of infants and children and which is simply pure cow's milk sterilized in cans and with sixty per cent of the water removed, there is no cream line. The milk in the top of a can is the same as it is in the bottom of the container. This results from a process called homogenization, in which the fat globules in the milk are broken up into such microscopic bits that they remain in homogeneous suspension. Every drop of homogenized milk has a buttery taste because it contains butter fat. For this reason, in evaporated milk, there is none of the flat taste one finds in drinking from the bottom of a bottle of market milk.

In order to avoid feeding the baby or child plain milk three or four times a day, many authorities recommend the use of a mixture of fruit juice and milk, a highly palatable and refreshing drink.

Following is a recipe worked out by experts for an orange-milk drink: Mix in a fruit jar 3/4 of a cupful of orange juice, 1/4 of a cupful of evaporated milk, three teaspoonfuls of sugar, 1/2 teaspoonful of lemon juice and a few grains of salt. Shake well before serving.



## Caloric Requirements of the Child

PEDIATRICIANS declare that the average boy or girl of four years should receive about forty calories a pound of body weight per day. The average weight of a child of four years is forty pounds. Therefore the total caloric requirement would be approximately 1,600 calories. Caloric is merely the name for a certain measure of heat derived from the burning of food.

Necessarily, the caloric requirement of the child is dependent on his temperament, since a child who plays hard and long requires more nourishment than one who leads a quieter life. Rate of growth also has a bearing on caloric requirements. The child who is growing rapidly should be given more food to meet his caloric needs than the boy or girl whose growth is normal.

Mothers know the daily diet should consist of the essential foodstuffs, protein, carbohydrates, fats, minerals and water. The important thing for her is to learn the foods that contain these essentials in a balanced diet. Below is a well-balanced menu for any child six years old compiled by an authority on home economics.

### ONE DAY'S MENU FOR SIX-YEAR-OLD CHILD.

**Breakfast.**  
6 stewed prunes .....120 calories  
1/2 cupful cream of wheat 85 calories  
Served with half cream (6 tbsps) and half evaporated milk .....140 calories  
1 slice buttered toast .....150 calories  
1 cup cocoa made with evaporated milk .....150 calories  
645 calories

**Luncheon at School.**  
Baked potato and butter. 200 calories  
1/2 cupful spinach ..... 25 calories  
1 baked apple (1 tbsps sugar, 1/4 tbsps butter) .....200 calories  
1 glass milk .....160 calories  
1 slice bread buttered with 1/2 tbsps butter .....100 calories  
685 calories

**Afternoon Luncheon at School.**  
1 orange .....100 calories

**Dinner.**  
1 small piece broiled steak (2 1/2 x 2 1/2 x 1/4) .....75 calories  
1/2 cupful mashed potato .....100 calories  
2-3 cupful lima bean soup made with evaporated milk .....75 calories  
1 glass milk, orange drink 160 calories  
610 calories

Total .....1,640 calories  
Children often become wearied of drinking plain milk. Mixing their milk with fruit juices is a welcome change. Following is the recipe for a refreshing milk drink: Mix 3/4 cupful orange juice, 1/4 cupful evaporated milk, three teaspoonfuls of sugar, 1/2 teaspoonful of lemon juice and a few grains of salt. Shake well in a fruit jar before serving.

## Housework Worth \$900 a Year, but—

Nine hundred dollars a year is the value of the average housewife's services in the home, and statistics show there are 20,700,000 women engaged in housework, according to Mrs. Leonora Z. Meder, prominent Chicago woman lawyer and economist.

"The wife," said Mrs. Meder, who was formerly commissioner of public welfare of Chicago, "is an executive, purchasing agent, budget expert, and producer rolled into one. The successful home maker studies food values. She arranges her budget so that the food she buys will have all the necessary body building qualities.

"The woman who would keep down her food bill will do better to spend her money on milk and green vegetables than on butter, though butter is one of the best sources of the essential food element, vitamin A. There are butter substitutes, but nothing can take the place of milk and vegetables.

"Milk, food experts say, is the most nearly perfect food. Science solved the problem by inventing evaporated milk, which is simply fresh cow's milk sterilized in cans and with sixty per cent of the water removed. Because evaporated milk is of double the richness of ordinary market milk, many housewives dilute it half and half with water for cooking purposes. Keeping longer than ordinary milk, there is no waste from souring. Then, too, it is cheaper.

"Savings also can be made on meat. Cheaper portions of beef skillfully cooked are highly nutritious and often better tasting than portions which cost more. The shoulder, breast and stew meat of lamb are excellent. Pork shoulders, feet, tails, heart, spareribs and hocks are in the same category."

## S. P. Railway Co.

### TIME TABLE

Effective Sept. 7.  
Trains will arrive as follows:

To Portland	
No. 355	5:53 A. M.
No. 354	8:37 A. M.
No. 358	11:18 " "
No. 352	2:40 P. M.
No. 360	6:32 " "
From Portland	
No. 351	9:33 A. M.
No. 357	11:10 " "
No. 359	2:40 P. M.
No. 353	6:00 " "
No. 355	7:13 " "

Special, Sunday only 8:05 p. m.

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## Escaped by Camouflage

Matilda, daughter of Henry I of England used camouflage to escape from Oxford in 1141. Clothed in white, under cover of a heavy snowstorm, she passed unnoticed through the besieging army of King Stephen.

## Genius and Character

As diamonds cut diamonds, and one hone smooths a second, all the parts of intellect are whetstones to each other; and genius, which is but the result of their mutual sharpening, is character, too.—Bartol.

## Identifying Artists

One way of proving the identity of a canvas is by the examination of the brush stroke. As one art critic has said: "The brush strokes of a painter are as individual as the handwriting of a writer."