

**CANNED CHERRIES
FOR WINTER PIES**

**Surplus Fruit Easily Put
Away for Future Use.**

(Prepared by the United States Department of Agriculture.)
The cherry season is short. As a rule, the family cannot use all the fresh cherries from even a single tree, so it becomes necessary, if one would have the benefit of the entire crop, to can the surplus for later use. This is not at all difficult, particularly if you arm yourself before beginning any canning, with a copy of Farmers' Bulletin 1471-F, "Canning Fruits and Vegetables at Home," obtainable for the asking from the United States Department of Agriculture.

Pack the cherries into hot jars, and cover them with boiling sirup. Use thick sirup for sour cherries—that is, one part sugar to one part water—and a medium sirup for sweet cherries—one part sugar to two parts water. Process pint and quart jars for 25 minutes in a hot-water bath, counting the time from the moment the surrounding water is actively boiling. If you use No. 2 or No. 3 tin cans process for 20 minutes.

If you wish cherry pies in winter that have the fresh-fruit taste, can them without sirup to dilute the flavor. Remove the pits from the cherries, add sugar as desired and bring the cherries to the boiling point. Then pack hot in hot jars and process for five minutes. Those packed with the pits will be useful for cherry sauce, cherry beverages and many other good things.

If you plan to make cherry jelly you will need to use pectin, as cherries are one of the fruits somewhat lacking in this ingredient requisite for jellifying. Department Circular 254 will tell you not only how to make the jelly with pectin but how to make the pectin also.

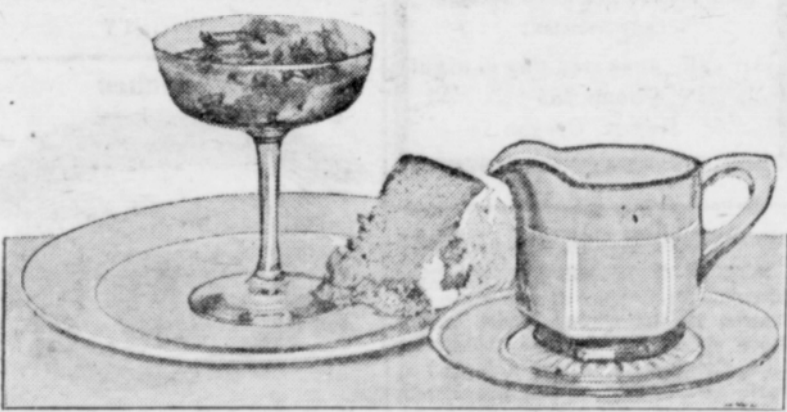
**Strawberry Fruit Punch
Is Ambrosial Beverage**

Strawberry fruit punch is an ambrosial beverage to serve at festivities when strawberries are available and all sorts of parties are in the air. The amounts given in the recipe below, which has been tried out by the bureau of home economics, makes about five gallons of punch and should be sufficient to serve between 50 and 75 people liberally. Chill all the ingredients to be used for some time before mixing the punch. Add water that has been leech or crushed ice.

Fruit Punch.
3 dozen lemons made strong tea
1 1/2 dozen oranges 9 cupfuls sugar
6 quarts strawberry 6 cupfuls water
rises 2 quarts apple-
2 No. 2 cans shredded 2 naris, or more
dried pineapple 1/2 teaspoonful of
3 quarts freshly salt

Boil the sugar and water together to make a heavy sirup, and chill. Cut the large berries in thirds or halves and crush the remainder. Scrub the oranges and lemons, and after the juice is extracted, cover the skins with water, let them stand for an hour or longer, and then pour off this liquid and add it to the fruit juice. Combine all the ingredients and add chopped ice until thoroughly cold. Just before serving add the apple-naris, and if the punch is too strong add ice water in small quantities until it is the flavor desired. This makes about five gallons of punch.

CUSTARD WITH FRUIT AND ANGEL FOOD



A Delicious Dish With Fruit and Cake.

(Prepared by the United States Department of Agriculture.)

Springtime, when eggs are plentiful, is the season to indulge the family with cakes of the sponge-cake group. The ingredients in all of these cakes are similar, since all contain a large proportion of eggs and no butter or other fat. Eggs supply the liquid and inclose air for leavening. Plain sponge cake requires the use of whole eggs. In sunshine cake twice as many whites as yolks are used. Angel food calls for the whites only. As there are always yolks left over when an angel food cake is baked, a good many people use them to make a soft custard to serve on fruit with the cake for dessert. Sliced oranges or bananas or almost any canned fruit may be used.

The bureau of home economics gives the following directions for making both angel food and custard.

Angel Food.
1 cupful soft-wheat 1 cupful egg whites (8 fairly large) 1 to 1 1/2 cupfuls of sugar 1/2 teaspoonful of salt 1 teaspoonful flavoring 1 teaspoonful of cream of tartar

Angel food is not mixed in quite the same way as plain sponge cake. The sugar, flour, and half the salt are sifted together several times. The egg whites are beaten with the other

**Variety and Contrast in
Flavor of Foods Served**

The matter of variety and contrast in the texture and flavor of the foods combined in one meal is not always given sufficient thought. One finds occasionally that everything served is soft and lacking in "chewy" food—as, for example, a combination consisting of a creamed dish, mashed vegetables, and a milk pudding. Each of these foods would probably be excellent alone, but they do not go well together. Again, when a milk flavor predominates throughout a menu, the food lacks zest. Contrast in texture can be secured by serving something crunchy like toast, or browned crumbs on a scalloped dish, something soft, as a white sauce or custard, something crisp and fresh, like lettuce or cole slaw. For variety in flavor some of the foods chosen should be milk or bland, like potatoes or bread; some should have a pronounced flavor, as in the case of rare steak, roast lamb, ham or cheese, or some of the vegetables such as cauliflower, cabbage and onions; there should also be something sour in itself, like tomato or pickles, or like spinach or beets—something that is ordinarily served with vinegar, or a salad with French dressing. Sweet flavor is usually provided in the dessert, or it may be introduced elsewhere in the menu as in candied sweet potatoes, or in the form of jelly with meat.

In addition to these requirements in the foods chosen for a menu, it is necessary, of course, to see that each of the five food groups as given by the United States Department of Agriculture is represented—vegetables and fruits, cereal or starchy foods, efficient-protein foods, fats and sugars. Some thought must be given also to the relative proportions of foods chosen from these groups in order to supply sufficient protein of the right kind, calories, minerals and vitamins. These are sometimes called the "four points of food value."

**Drinking Orange Juice
for Breakfast Favored**

Sometimes the orange that is cut in half and placed on the breakfast table is not eaten because the various members of the family simply do not have time before hurrying off to school or work to dig out the pulp with a spoon. For the same reason, the whole orange, intended to be peeled and eaten in sections is left. The family gets into the habit of dispensing with oranges, which is not a good thing, for oranges are one of the best sources of vitamins we have and may be classed among the extremely important foods for children, the United States Department of Agriculture says.

Why not serve orange juice in glasses or sherbet cups to the members of the family who must hurry off in the morning? The habit of drinking orange juice grows, and the child who will drink it several times a day is the gainer. He may have it at lunch, perhaps, and again when first home from school hungrily looking around for "something to eat," with mother equally anxious that he shall not spoil his appetite for dinner. Orange juice is suitable as a beverage for children's noon lunch and appeals to them because they cannot have the tea or coffee which they see older persons drinking.

Improved Uniform International

**Sunday School
'Lesson'**

(By REV. P. B. FITZWATER, D.D., Dean, Moody Bible Institute of Chicago.)
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Lesson for May 22

PETER HEALS THE LAME MAN

LESSON TEXT—Acts 3:1-4:31.
GOLDEN TEXT—Neither is there salvation in any other for there is none other name under heaven given among men whereby we must be saved.—Acts 4:12.

PRIMARY TOPIC—Peter Heals a Lame Man.
JUNIOR TOPIC—Gifts That Money Cannot Buy.

INTERMEDIATE AND SENIOR TOPIC—Giving Our Best for Others.
YOUNG PEOPLE AND ADULT TOPIC—Gifts That Are Better Than Money.

I. Peter Healing the Lame Man (Acts 3:1-10).

1. The place (vv. 1, 2).
Peter and John were on their way to the house of worship. This man had been placed at the entrance of the place of worship where he might receive the sympathetic attention of worshippers.

2. The man (v. 2).
This beggar was infirm from his birth. He was now more than forty years old (4:22) and had brought his ailment with him into the world. When he saw Peter and John he asked alms.

3. The method (vv. 3-8).
(1) The man's attention gained (v. 4).

Peter and John commanded him to look on them.

(2) Peter commanded him in the name of Jesus Christ of Nazareth to rise and walk (v. 6).

(3) Peter took him by the right hand (v. 7).

This was meant to give impetus to his faith—not strength to his ankles.

4. The man's response (v. 8).
Strength came to his feet and ankles; he leaped and shouted praises to God.

5. The effect (vv. 9-11).
The people were so filled with wonder and amazement that they ran together to behold this wonderful thing.

Note:
(1) This helpless beggar had to be carried to the temple gate. Men and women out of Christ are so helpless that they need to be brought where the light of God can be applied to them.

(2) Peter taking the man by the hand shows the manner of helping the lost.

(3) Peter witnessing before the multitude (2:12-26).

Though this miracle directed the attention of the people to Peter and John, Peter immediately turned their attention from himself to Christ. He told them that it was faith in Jesus Christ whom God had glorified and whom they had deliberately betrayed and crucified that had healed this man.

III. Peter in Prison for Christ's Sake (4:1-4).

It was his fidelity to Christ that brought him this persecution. Observe:

1. The leaders—priests and Sadducees—in this persecution (vv. 1, 2).
The priests were intolerant because these new teachers were encroaching upon their functions.

2. The result (vv. 3, 4).
Though they were held in bondage by chains, Christ continued to work. The number of believers had greatly increased.

IV. Peter Witnessing Before the Sanhedrin (4:5-21).

1. The inquiry (vv. 5-7).
This inquiry admitted the reality of the miracle. They wanted to know what it signified.

2. Peter's answer (vv. 8-12).
Being filled with the Holy Spirit, Peter calmly and graciously answered. He showed them that they were not on trial as evildoers but for doing good to the helpless and needy man. Since they could not deny the miracle he boldly declared that it had been done in the name of Jesus Christ whom they had crucified and God had raised from the dead.

3. The impression upon the Sanhedrin (vv. 13-22).
(1) They marveled (vv. 13-14).
They saw that Peter's behavior and words were as unusual as the miracle.

(2) They took knowledge that Peter and John had been with Jesus (v. 13).

(3) They forbade them to speak in Christ's name (v. 18).

(4) Peter and John's reply (vv. 19, 20).
They expressed their determination to obey God rather than men.

(5) Their release (v. 21).
Seeing the people were on their side, there was no way to punish them.

V. The Church at Prayer (vv. 23-31).
As soon as Peter and John were set free, they hastened away to their fellow disciples and told them their experience. They praised God for deliverance and prayed for boldness to speak the Word of God.

Thinking of Faults

Think of your own faults the first part of the night when you are awake, and of the faults of others the latter part of the night when you are asleep.

Worldliness, Selfishness

Worldliness and selfishness have no power to breathe the atmosphere of the kingdom of God.—Echoes.

God's Way

God's way of exalting His children is contrary to the flesh.—Echoes.

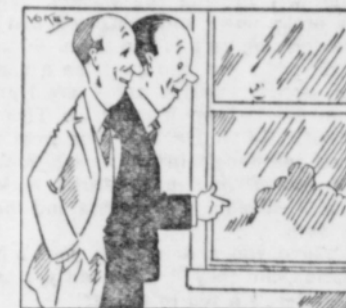


**On the
Funny
Side**

EXACTLY

The doorbell at the Munchausen mansion rang violently and a servant went to the door. There stood one who explained that he desired to have audience with the baron.
"Come in," said the servant. "Baron Munchausen is not up yet. He is not feeling well and says he will receive all callers up in his boudoir."
"I see," spoke the stranger, "he is lying in bed today."

THEY'LL SLEEP EASY



"This rain's a great comfort to the gardeners."
"But it's coming down in sheets."
"No matter, it will certainly improve the appearance of their beds."

Might Help

I hate gray days,
And can't see why
Like women, they
Don't also dye.

Simple Justice

"Kilty or not kilty?" the old German justice said to a man charged with stealing a barrel of coal oil.
"Not guilty, yer honor," said the man.
"Den vat you vant here?" said the old justice fiercely. "Go on away about your peezness!"

One Good Sweat

Uptown—They say that paper's a fine thing to keep you warm during the winter.

Downtown—Especially if it's in the form of a note. One of them kept me in a sweat for thirty days.—American Legion Weekly.

Qualified

Manager—Can you sing up to high C?
Pretty Blond—No, but I can kick higher than that.
Manager—What are your terms?

Out of the Ring

Bill—What's all the noise over there?
Ted—Oh, Battling Bloke, the fighter, is having a tooth pulled.

COULD GET BORED



"Can you get bored at the place where you stay?"
"I'll say you can—bored stiff."

Advice to Small Children

Eat no green apples or you'll droop;
Be careful not to get the croup;
Avoid the chicken pox and such;
And don't fall out of windows much.

Anxious About the Car

James—My wife has run away with my car.
Jones (anxiously)—Not your new car?
(3) They forbade them to speak in Christ's name (v. 18).

His Wardrobe

Magnolus—Ah'd like to borrow a clothes hanger.
Gladolus—Clothes hanger? Boy, I'd only got two—I'm de one I use in de daytime and dat chair over dere is de one I use at night.

Rub, Rub, Rub

Mrs. Goodfellow—it must be hard work taking in washing.
Laundress—No, mum; the hard work comes before you put the washing out.

The Devil Dogs

Dumbe—I see they're trying to rid China of foreigners.
Belle—Oh, aren't our marines wonderful? To think that just a handful of them can drive all those millions of Chinese out of the country!

Unfortunate Remark

Roscoe—Darling, you have teeth like pearls.
Marie—You brute! Are you hinting that I have a mouth like an oyster?

6 things to understand about used car allowances

- 1 When you trade-in your used car for a new car, you are after all making a purchase, not a sale. You are simply applying your present car as a credit toward the purchase price of the new car.
- 2 Your used car has only one fundamental basis of value; i. e., what the dealer who accepts it in trade can get for it in the used car market.
- 3 Your used car has seemingly different values because competitive dealers are bidding to sell you a new car.
- 4 The largest allowance is not necessarily the best deal for you. Sometimes it is; sometimes it is not.
- 5 An excessive allowance may mean that you are paying an excessive price for the new car in comparison with its real value.
- 6 First judge the merits of the new car in comparison with its price, including all delivery and finance charges. Then weigh any difference in allowance offered on your used car.

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Dates and Titles of French Kings

Whether one believes that figures never lie or that they may be manipulated to mean almost anything, it is curious to find a writer in Les Mots Croises busying himself with pointing out the following coincidences:
Louis IX of France was born in 1215. If you take the trouble to add these four digits you will discover that the total, nine, just equals the figure in the king's title.
Charles VII, known as the Wise, came into the world in 1402. Addition discloses that the sum of your efforts will match Charles' number in the succession of his name.
Louis XIV began to reign in the year 1643 and this assuredly adds up to fourteen; he was seventy-seven years of age when he died and one gets fourteen points from the two sevens.

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Wars Ten Miles Up!

Experts believe the next great war will be fought high in the air. The contesting forces will be composed of men in inclosed machines and the battle altitude will be anything from ten to twelve miles.

Brass Band for Juneau

Juneau, Alaska, capital of an empire of more than 500,000 square miles, has a full brass band for the first time in ten years. It is financed by funds from public dances. The band provides one of the few opportunities for amusement.

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