

SUNSHINE CAKE IS DELICATE IN COLOR

Contains Large Proportion of Eggs, but No Butter.

(Prepared by the United States Department of Agriculture.)
Sunshine cake is one of the sponge group, containing a large proportion of eggs and no butter or other fat. Some of the egg yolks are used, but not all of them, hence it has the delicate yellow color that gives it its name, but differs in texture somewhat from plain sponge cake.

Farmers' Bulletin 1450-F, "Home Baking," which may be obtained by anyone on application to the United States Department of Agriculture, contains the following recipe for sunshine cake:

Sunshine Cake.
4 egg whites 1 cupful sifted soft wheat or pastry flour
2 egg yolks 1/2 cupful sugar
1 teaspoonful tartar cream of tartar
1/2 cupful milk 1/2 cupful salt

Beat the yolks and whites of the eggs separately, adding half the salt to the egg whites so that they will beat up very stiff. Add the sugar to the beaten egg yolks and begin adding the flour which has been sifted with the cream of tartar and the rest of the salt. This mixture will be so stiff that you will have to add some of the beaten egg whites for moisture before all

the flour is mixed in. Fold the egg whites in very carefully so as not to release any of the air which you have been so careful to beat in. The air is the only leavening in this kind of cake. Last of all add the flavoring. Vanilla, lemon or orange extract may be preferred. Pour the batter as soon as it is mixed into a smooth, ungreased tube pan. This type of pan is best to use for baking a cake of the sponge type because the center opening allows the mixture to heat evenly. The oven should be ready for the cake as soon as it is mixed and in the pan, but be careful not to have the oven too hot.

Secret of Custard Pie With Crisp Undercrust
Here's the secret of a custard pie with a crisp undercrust—a prebaked shell—according to the bureau of home economics.

Custard Pie.
1 1/2 cupfuls milk 3 eggs
1/4 teaspoonful salt 1/4 cupful sugar
1 teaspoonful vanilla
Put the milk and the sugar in a double boiler and bring to the scalding point. Add the well-beaten eggs, salt and the flavoring. In the meantime bake a pie crust in a deep pie pan until the crust is golden brown. Pour the custard into the baked pie crust, and place in a moderately hot oven. After a few minutes reduce the heat, and allow the pie to bake at this low temperature until the custard is set in the center of the pie.

Spring Onions
Try cooking spring onions whole with about 3 or 4 inches of stalk left on them. They will be done in from 15 to 20 minutes. Lift them out carefully and pour a white sauce over them. They may be served on toast.

BEEF CROQUETTES FOR FAMILY OR GUEST



Made of Any Cooked Left-Over Lean Meat.

(Prepared by the United States Department of Agriculture.)
Good croquettes can be made of any cooked left-over lean meat. Beef makes particularly tasty croquettes, suitable for a family dinner or for a guest luncheon. The proportions in the following recipe are given by the United States Department of Agriculture:

Beef Croquettes.
1 pound upper round steak, or other lean beef
1/2 cupful salt
1/2 medium-sized onion, grated
1 cupful mashed potato, seasoned, or 1 cupful thick cream sauce
1 cupful upper round steak, or other lean beef
1/2 cupful salt
1/2 medium-sized onion, grated
1 cupful mashed potato, seasoned, or 1 cupful thick cream sauce

Simmer the meat in a small amount of water until tender and then grind, using the fine knife of the grinder. Add the other ingredients, but reserve one egg for dipping. Mix well. Form the meat into balls, or mold into oblong or cone shapes. Dip into the

THRIFT IN BUYING FOOD FOR FAMILY

Know What Is Liked, Buy Carefully and Don't Waste.

(Prepared by the United States Department of Agriculture.)
Being thrifty in buying and using food need not mean going without everything the family likes. It may not mean having a lower food bill than your next-door neighbor, for the food needs of her family may be altogether different from those of your household. You will be thrifty if you know what constitutes the right kind of food for each person in your home, if you buy carefully, and allow nothing to be wasted.

Do you know how many pounds of sugar, butter, flour, coffee, and other much-used foods your family requires each week? How many dozen eggs when eggs are plentiful—how few you can manage with when they are scarce? How much of a given kind of meat to buy for a single dinner, for two dinners, or for a dinner and lunch next day? How many slices of pineapple there are in a can—in other words, how many it will serve? How many makings of breakfast cereal there are in a box of each kind?

Definite knowledge on such points as these, together with a good system of planning meals and buying for them will go a long way toward thrifty management of the food supply. Some housekeepers who keep accounts go over the preceding month's food bills, and not only discover some of the facts of this kind that they need to know, but also arrive at an estimate of how much the food per person per day. The advantage of having some such figure as this to guide one is that it helps one to plan for the next week or month and to buy more exactly. If you know just what use is to be made of every pound of food material you purchase, there will be fewer disconcerting left-overs to use up, and the tendency to use materials too lavishly will also be checked. In small families, it may prove most economical to buy perishables in day-to-day amounts rather than to lose part through spoilage; but as a rule, buying in very small quantities is expensive, either because of the uneven division of the selling price for halves or quarters, or because the dealer charges a higher rate. It takes him four times as long, for instance, to handle and wrap four quarter pounds of butter as is required for one pound of butter.

Staple groceries and canned goods are often sold at a lower rate in dozen or half dozen lots, and consequently may be wisely purchased that way. Time as well as money is saved by shopping for such articles in quantity at intervals of several weeks or more. Clubbing with neighbors is often a means of buying perishables at wholesale rates.

Foods in season are cheaper than those out of season, but locally produced foods may sell higher than those brought from a distance, because of freshness, according to the United States Department of Agriculture.

Buy by weight when you can. Estimate the pound rate on package goods and compare one kind with another. Foods in packages are often preferred to those sold in bulk because of the sanitary protection given by the sealed carton.
Selling services are paid for by the customer. Stores run on the "cash-and-carry" plan have eliminated the cost of delivery and credit. If your time is valuable, however, it may be better for you to buy in quantity where delivery is furnished, even if you have to pay more. True thrift sees all the needs of the home as a whole and finds, sometimes, that the lowest dollars-and-cents cost may not be the thriftiest management.



PERFECTLY SAFE

Youthful Mother-in-Law—George doesn't kiss you good-by every morning, I notice.
Twentieth Century Wife—Mamma, you can't ask too much of a man! George is a bit absent-minded, but he always makes up for it. He'll kiss his stenographer instead, when he gets to the office.
Mother-in-Law—But surely you don't allow him to kiss his stenographer!
Wife—Why not, mamma? It's a man.—American Humor.

More Swag
"Martha," a farmer who had driven into town phoned to his wife, "an automobile load of robbers just held up the city bank and they're headed out our way. Don't go outdoors."
"I'll have to," was the frantic reply. "Your Sunday shirt's hanging out on the line in plain sight!"—Country Gentleman.

THE POUTER PIGEON



"You must be a millionaire or something the way you're all puffed up."
"No, I was born this way!"

Slings Mud
My dad used to say:
"When people sling mud of shame or blame
Let it dry for a little while
And then it will brush off clean."

A Future Highbrow
He was a solemn little boy and his chin barely reached the counter in the library's circulation room.
"Well, my little man," said one of the attendants, "what book shall it be today?"
"Oh, something about life," returned the little fellow philosophically.—Boston Transcript.

Admits of No Rivalry
"I don't know whether to marry Robert or not."
"Does he play golf?"
"I should say he does. He's an expert at it."
"Then I shouldn't marry him; he has selected his life interest."

His Impression
Policeman—What did the bandit's weapon look like?
Victim—It looked like a hole about six inches in diameter.

NOT A CROWD



"You said you had room for one more didn't you?"
"Yes, lady, but only one more."

Day Lost
Count that day lost whose low descending sun
Finds not some greyhound
Race course begun.

Such a Sweet Girl
"It was so funny," said the Gushing Young Thing, "I just thought I should die."
"Well," asked the Social Wet Blanket, "why did you change your mind?"

Leisure
Small Boy—What's leisure, daddy?
His father—Leisure, my son, is two minutes' rest a man gets while his wife is hunting up something else for him to do.

You'd Be Surprised
Car Salesman—This car has all the latest attachments. This, for instance, is the trouble light.
Binks—Humph! That doesn't interest me.
Car Salesman—Oh, you'll use it often, sir!

Yes, Indeed!
He—I've got something to tell you—but I don't know how to start.
She—Well, if I said "yes" would that help you?—London Passing Show.



RIDING THE BEAR

Little Alice has asked to hear again the story of the little girl that rode the bear.
I may not be able to tell it just as I told it before but the main part of the story will be the same.
You see, perhaps being brought up with Nick, and entering into all the things that Nick did, had made Nancy very fearless.
Nick never tried to frighten her, so that she never thought about being afraid of anything. He would take her for wonderful coasts in the express cars, and as long as Nick did the steering, Nancy always felt absolutely safe.

So this story had always been a favorite with them.
But I must go on with the story!
One day there came to the village where Mrs. Cucumber Green lived (Mrs. Cucumber Green was the little girl's play name and she always liked having it used rather than her real name), a man with a performing bear.
The man would sing a song which sounded like:
"Ab-duddy-ung, duddy-ung, dung, dey," and the bear would dance around on his hind legs.
Then, of course, the people would throw the bear pennies.
Now the man became annoyed because he did not get more money.
So he said he would have the bear climb a pole for anyone who would give him ten cents. Some one gave ten cents and up the pole the bear scrambled.
Then more dancing followed, but the people became rather tired of it, and the man had to think of some-



Mrs. Cucumber Green Rode the Bear.

thing quite new with which to amuse the people so he would make more money.
"Now, whoever will give me fifty cents may have a ride on the bear. He is quite safe and will not harm anyone."

"Come along, come along! Who wants to ride the bear?"
As you might think, nobody was particularly anxious to ride the bear. But the man discovered that there was some kind of a discussion going on between some people.
So once more he called out:
"The person who takes this ride will be given a good long one—all the distance to the next corner."

That was practically a block, and that is really quite a distance to ride on a bear. Mrs. Cucumber Green finally rode him.
Some one offered to treat her to the ride if she would ride the bear.
So Mrs. Cucumber Green rode the bear. She wasn't a bit frightened. It was hard to stay on but she loved it! And she felt as though she had never had such fun in her life, for she felt quite like a real circus performer with the crowds of people following and watching her.

As she had always thought circus performers were wonderful people, she quite enjoyed making believe she was one.
But when it was all over and her mother heard what she had been doing it made her mother feel quite nervous and she made Mrs. Cucumber Green promise that never again would she ride any wild animals!

Tongue Twisters
Fifty-four fowls, feeding from fifty-four feeding fowls.
Loose-limbed Larry, lightly leaping large logs.
Gay guests, disguised as great, gaunt giants.
Woeful William, wearily wending his way westward.

Not His
Small Boy (looking at new rural mail box)—It must be the minister's.
Another Little Lad—No, it can't be. Don't you see what it says on it? "No collection on Sunday."—MacLean's Magazine.

Helping the Poor
Little Richard—Mother, may I have a nickel for that man who is crying outside?
Mother—Yes dear; but what is he crying about?
Little Richard—He's crying: "Peanuts, five cents a bag."—Pearl Harbor Weekly.

Juvenile Definition
Small Brother—What's a maxim Tommy?
Tommy—Aw, that's somethin' that tells how good it is to do somethin' you don't want.

Improved Uniform International Sunday School Lesson

Lesson for June 19

PETER TEACHES GOOD CITIZENSHIP

Temperance Lesson.

LESSON TEXT—I Peter 2:11-17; 4:1-5.

GOLDEN TEXT—Love worketh no ill to his neighbor.—Rom. 13:10.

PRIMARY TOPIC—Peter Tells Us How to Behave.

JUNIOR TOPIC—Rules for Right Living.

INTERMEDIATE AND SENIOR TOPIC—What Makes a Good Citizen.

YOUNG PEOPLE AND ADULT TOPIC—The Character of a Good Citizen.

In order to get an intelligent grasp of today's lesson, one must get a view of the entire epistle as to its purpose and method. The purpose was to establish all who were passing through suffering and testing (see ch. 1:7, 8:14, 4:12, 5:10-12).

The principles of Christian behavior set forth in the text of this lesson are of broader scope than citizenship. They embrace:

1. Behavior as Pilgrims and Sojourners (vv. 11, 12).

Christians are merely sojourners on the earth. They have not here their permanent home but are journeying through the earth on their way to the eternal home in the heavens. Our heavenly citizenship (Phil. 3:20) should constrain us to the maintenance of conduct consistent with our high calling.

1. Abstain from fleshly lusts (v. 13).

The term lusts includes the entire army of unclean forces springing from our carnal natures. They are enumerated in Gal. 5:19-21. These war against the soul. The Christian should not be under the sway of carnal passion.

2. Behavior as citizens (vv. 13-17).

While the Christian's true citizenship is in heaven he has a responsibility as a citizen on the earth.

1. Obey all requirements of civil rulers (v. 13).

Fidelity to Christ is shown by loyalty to civil authority. The intelligent Christian recognizes the necessity of government and graciously submits to those in authority over him regardless of the form of government. His duties as a citizen he performs as the Lord's free man—not through servile fear. Government even of a low order is better than anarchy.

2. Honor all men (v. 17).

He will see in every man the image of God and therefore give honor to him. This applies to all relations wherein we touch human life.

3. Love the brotherhood (v. 17).

The Christian has a peculiar love for those who are of the same household. The brotherhood is composed of those who are children of God by faith in Jesus Christ.

4. Fear God (v. 17).

5. Honor the King (v. 17).

This has a peculiar significance because in all probability the wicked Nero was then reigning as emperor.

11. Behavior in a World of Opposition (I Peter 4:1-5).

1. Armed for the conflict (v. 1).

Christians are engaged in a tremendous conflict with evil forces within and without. Satan and his angels are bent on the believer's defeat and destruction. The only way to keep from being overcome with his darts is to arm oneself with the mind of Christ.

2. The salutary effect of suffering (v. 1).

Suffering has a remedial effect upon God's children. The one who suffers with Christ as an example will have the consciousness that it is his identity with Christ that calls forth the opposition of the world.

3. God's will, the regulating force of his life (v. 2).

Not the lusts of the flesh, but the will of God is the directing force of his life.

4. The consciousness of a wasted life (v. 3).

Since the flesh has so long had away over the life, God is entitled to the rest of the believer's energy. Looking back upon a wasted life in serving the lusts of the flesh will move one to give no more time to serving such a master.

5. The attitude of the world toward the one who separates himself from it (v. 4).

The world speaks evil of those who will not go its way. The world not only wonders at the life of the Christian who separates himself from its pleasures, but will heap upon him nicknames and reproach.

6. Account shall be given (v. 5).

The Christian should so live as to be able to render an account to God.

The Joy of Christ

O believer, the joy of Christ is within you; give it room, let it spring up within you like a well of living water, and you will rejoice in the Lord always, and again rejoice.—G. H. C. McGregor.

Praising God

When you find that a man has got to praising God it is a good sign. Oh, let us get to personal love, to personal praise! That is what is wanted in the church today.—D. L. Moody.

HELP FOR SICK WOMEN

Lydia E. Pinkham's Vegetable Compound Has Restored the Health of Thousands

Brooklyn, New York.—Mrs. G. Hegmann of 228 Schaeffer St., was in a run-down condition and could not do her housework. She could not sleep at night. Her story is not an unusual one. Thousands of women find themselves in a similar condition at some time in their lives. "I found your advertisement in my letter box," wrote Mrs. Hegmann, "and took Lydia E. Pinkham's Vegetable Compound and got relief." Mrs. Hegmann also took Lydia E. Pinkham's Herb Medicine and Lydia E. Pinkham's Pills for Constipation, with good results. She says, "I am recommending your medicines to all I know who have symptoms the same as mine, and to others whom I think it will help. You may use my statement as a testimonial, and I will answer any letters sent to me by women who would like information regarding your medicines."



There are women in your state—perhaps in your town—who have written letters similar to this one telling how much Lydia E. Pinkham's Vegetable Compound has helped them. The Pinkham Medicine Company, Lynn, Mass., will gladly furnish other women with these names upon request.

Gasless Gasoline

It is reported by cable that a French marine engineer, Raoul Ferrier, has discovered a substance that will make gasoline noninflammable.—Compressed Air Magazine.

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Would Linger Awhile

Landlord—I'm sorry, but your bill is due. My motto is "Pay as you go."
Lodger—Quite right; but I've no intention of going yet.

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