

## STEAM PRESSURE BEST FOR BEANS

Must Be Processed at Temperature Over 212 F.

(Prepared by the United States Department of Agriculture.)

String beans may be canned successfully at home if you use a steam-pressure canner. Like nonacid vegetables, string beans must be processed at a temperature higher than 212 degrees F., and this is only obtainable under steam pressure. Either glass or tin containers may be used. String beans should always be packed boiling hot. The advantages of what is now known as the "hot pack" are that the material at the center of the can is quickly raised to the temperature required for processing, the "exhaust" step is done away with, and a better product, in flavor and texture, is obtainable.

The United States Department of Agriculture gives these directions for canning string beans:

Pick the beans over carefully, string, wash thoroughly, and cut into pieces



String Beans Must Be Processed Under Steam Pressure Whether Canned in Glass or Tin.

of the size desired for serving. Add enough boiling water to cover and boil for five minutes in an uncovered vessel. Pack in containers boiling hot, cover with the water in which they were boiled, and add 1 teaspoonful of salt to each quart. Process immediately at 10 pounds pressure, or 240 degrees F.—quart glass jars for 40 minutes, pint glass jars for 35 minutes, and No. 2 and No. 3 tin cans for 30 minutes. Remove the jars from the canner, and invert glass jars, placing them out of drafts. Plunge tin cans in cold water to cool quickly. Mark all jars and cans for later identification. Keep them at room temperature for at least a week.

## Tasty Cheese Straw Adds Needed Flavor to Salad

Sometimes a tasty cheese cracker or cheese straw adds just the touch to a salad that is needed to make it seem a course out of the ordinary. Accessories of this kind are especially good at lunches or suppers when guests are invited, or for serving with a salad that is the main dish among party refreshments. Cheese straws may be included by way of variety on any occasion where sandwiches or crackers would be served. The United States Department of Agriculture gives the following recipe for making them:

**Cheese Straws.**  
1 cupful flour  
1/2 teaspoonful salt  
4 tablespoonfuls fat  
1 cupful grated cheese  
1-1/2 teaspoonful cayenne  
2 tablespoonfuls water

Cut the flour, salt, fat and one-half of the cheese together with a biscuit cutter until the mass is blended. Add the water and mix well. Toss on a slightly floured board and roll two or three times until the dough is smooth. Sprinkle one-half of the remainder of the cheese and roll again. Repeat this until all the cheese is used. Roll the mass out about one-quarter inch thick. Cut in strips one-half inch wide and six inches long. Place the strips on a baking sheet and bake until a delicate brown in a moderate oven about 400 degrees Fahrenheit.

## Flavor of Curry Helps Vegetables With Rice

The flavor of curry in sauce need not be limited to lamb or chicken, although many of the East Indian dishes in which this flavor was introduced to the Western world were made of these meats. A combination of vegetables with rice can be made tasty and unusual if a little curry powder is added to the sauce. The bureau of home economics gives the following directions for making a vegetable curry:

**Vegetable Curry.**  
1/2 cupful rice  
1 cupful diced onion  
1 cupful diced carrots  
1 cupful fresh or canned peas  
1 cupful diced celery  
4 tablespoonfuls butter  
1/2 teaspoonful salt, or to season  
1/2 teaspoonful curry  
2 teaspoonful Worcestershire sauce

Wash and cook the rice in three pints of boiling salted water. Drain and let it stand over steam until the grains swell and become separate. Cook the vegetables in a small amount of water and just before removing from the stove add one cupful of canned peas, or if fresh peas are available, cook them with the other vegetables. Use the liquid from the vegetables, and add the salt, curry and Worcestershire sauce. Make a ring of the cooked rice, placing the vegetables in the center, and pour over them the liquid mixture. Serve very hot.

## Improved Uniform International

# Sunday School Lesson

(By REV. F. H. FITZWATER, D.D., Dean, Moody Bible Institute of Chicago.)  
(© 1927, Western Newspaper Union.)

## Lesson for July 3

### SAUL CHOSEN KING

**LESSON TEXT—1 Samuel 10:17-25; 11:12-15.**  
**GOLDEN TEXT—**What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?  
**PRIMARY TOPIC—Saul Becomes a King.**  
**JUNIOR TOPIC—Saul, the First King of Israel.**  
**INTERMEDIATE AND SENIOR TOPIC—Calls to Life Service.**  
**YOUNG PEOPLE AND ADULT TOPIC—Opportunities for Leadership.**

The period of Judges ended with Samuel's administration. This lesson shows us the transition from the rule by the Judges to the monarchy. For a comprehensive view of the transition it will be well to make a survey of chapters eight to eleven.

#### I. The People Demand a King (8:1-9).

1. Their reasons for this demand.  
(1) Samuel was incapacitated by old age; (2) the unfaithfulness of his sons whom he had appointed as his successors. In this Samuel committed a great blunder, for the office of Judge was not hereditary. (3) The desire to be like other nations. The surrounding nations had a king as their leader. They wanted a king who would go out and fight their battles (v. 20).  
2. Samuel's behavior under this trial (vv. 6-9). He took the matter to the Lord in prayer. Even though Samuel's blunders in part brought on this trouble he did the wise thing in taking it to the Lord in prayer. The Lord comforted him by assuring him that this rejection was not merely his rejection, but the rejection of the kingship of God.

#### II. Samuel Tells of the Manner of the Kings (vv. 10-15).

He shows them that the king will be very exacting and arbitrary in his dealing with them.  
1. He will take their sons and make them to serve in the army and do all kinds of hard work on his farm and in his house. He will make slaves of their daughters also.  
2. He will take their lands, even those inherited from their fathers, and give them to his favorite officers and servants. Not content with that he will take the tenth part of the produce that remains and give to them.  
3. Samuel's Protest Disregarded by the People (vv. 10-22).

Having made up their minds they deliberately shut their eyes to the truth and rushed madly into the experiment.

#### IV. The King Providentially Pointed Out (9:1-10:16).

Saul was sent by his father to search for the asses that had wandered away. This was quite natural. While Saul and his father were acting freely in this matter, at the same time God's sovereign purpose was being carried out. Although difficult to understand, God carries forth His sovereign purpose without interfering with man's freedom.

#### V. The King Chosen at Mizpeh (10:17-27).

The Lord had already pointed out to Samuel who should be king and Saul had been anointed. Let us observe:

1. Why Saul was chosen. If they would have a king the Lord would give them the one best suited to fill the place. He was from Benjamin, a small tribe, which would prevent undue rivalry between Ephraim and Judah, the leading tribes of Israel. He was also chosen because of his personal fitness (v. 23).

2. How Saul was chosen. The method was by lot. Samuel called them together before the Lord, and before the lot was cast he again remonstrated with them against such action. He showed them the base ingratitude of their rejection of such a God and King who had done so much for them, and gave them a chance to forego their rash demand.

3. How the king was received by the people. Saul knew that the Lord had chosen him, but through modesty and fear he shrank from the responsibility. When he was brought forth Samuel presented him to the people, assuring them that Saul was the Lord's choice.

#### VI. The King Confirmed at Gilgal (ch. 11).

Soon after the election at Mizpeh the Ammonites made a desperate demand upon the men of Jabesh-Gilead. Saul hearing of it hastily summoned the tribes together for war and won a remarkable victory. As he thus proved his ability the people wished to punish the sons of Belial, but Saul forbade them. Samuel took advantage of this auspicious situation and called all the people together at Gilgal where they formally crowned him their king.

#### The Life

To apprehend the life that is to be we must learn to think more largely and secretly of the life that is now. We must enlarge the scope and measure of today, must identify today with what we call eternity.—Charles Cuthbert Hall.

#### Moving Forward

To move forward in life, you do not need to be forward in conduct, but you must keep your face to the front, and see your objective.—The Gleaner

## What's the Answer?

### Questions—No. 2

- 1—What is the record for an automobile at one mile on a circular dirt track?
- 2—What team won the "Big Ten" football championship in 1926?
- 3—What is an earthquake?
- 4—What is the difference between a dynamo and a motor?
- 5—When was Harvard college founded?
- 6—Who was the leader of the Indian war of 1763?
- 7—What composer showed the most amazing precocity in childhood, became court musician to a king, wrote twelve successful operas, forty symphonies and over five hundred other compositions, and died penniless and was buried in an unmarked grave at the age of thirty-six?
- 8—Which is the most elevated plateau on earth?
- 9—Who wrote, "God tempers the wind to the shorn lamb"?
- 10—Who said, "Lafayette, we are here!"?
- 11—What famous dramatist, contemporaneous with Shakespeare, wrote in collaboration?
- 12—What team defeated Chicago White Sox for the world's championship in 1919?
- 13—Who was the leading pitcher in the National league in 1926?
- 14—In mechanical engineering, what is an eccentric?
- 15—Who invented the kodak?
- 16—Who discovered the main stream of the Mississippi river?
- 17—What battles in what war were fought before a formal declaration of war by the United States?
- 18—During what centuries did the Renaissance reach its height?
- 19—Which continent embraces the largest division of land?
- 20—Who said, "I would rather be right than be President"?

### Answers—No. 1

- 1—Balboa.
- 2—St. Augustine, Fla., 1565.
- 3—The area of the earth's surface is 197,000,000 square miles.
- 4—The average person's range of visibility is 2.96 miles at five feet above sea level.
- 5—Once, in 1926.
- 6—Revival of the classic arts in Europe after the depressing influence of the Middle Ages.
- 7—Australia.
- 8—Phi Beta Kappa, organized in 1776.
- 9—Nathan Hale.
- 10—The steel and iron industry.
- 11—Myopia is a defect of vision commonly called short-sight.
- 12—Geologists reckon the earth's age at about 1,467,000,000 years.
- 13—1619.
- 14—1701.
- 15—Barney Oldfield.
- 16—John Barrymore.
- 17—Australia.
- 18—Francis Villon.
- 19—Admiral Farragut.
- 20—Water.

## Cling to Custom of Carrying Off Mates

A curious marriage custom persists in Abchasia, a district of the Caucasus. On the wedding day the bride withdraws to the darkest room of the house. At dusk the bridegroom, supported by a bodyguard of friends, all fully armed, rides up to the house, dismounts, and hammers on the door with a dagger hilt. The door opens to reveal the bride's male relatives, just as ferociously equipped, and the two parties promptly join in a mock combat. Eventually the defenders retire, the bridegroom rushes in, seizes his bride, flings her across his shoulder, and, carrying her out, leaps on his horse and gallops off with his capture to the accompaniment of the victorious yells of his supporters.

Shortly after, the defeated relatives of the bride mount their horses and give chase. When the bridegroom's horse is reached both sides join in a contest to see who can drink most wine!

Abchasian girls decline to give up the rite, and few would accept any suitor who did not intend to carry them off by force.

## Sleet and Hail

Sleet is a drizzling or driving, partly frozen rain, or rain that freezes on the trees and ground. Hail falls usually in connection with thunderstorms. It is frozen rain, falling in pellets or hailstones of varying sizes and shapes.

## Pictures to Match Room

Pictures may or may not be hung on the walls, but ones which harmonize in color and theme really belong in the bedroom as well as in any other. The latest tendency in hanging these pictures is to hang them low enough to be seen without the discomfort of looking up. If the room is large enough a desk like the remainder of the suite, usually a spinet desk which is not too heavy, may be added, with excellent effect.—Buffalo Courier and Express.

## Itching for Trouble Defect in Character

A young man had applied for a certain position and his possible employer was getting some sidelights on the applicant's character. "Why, he's all right," said those who knew him best. "He's young and sometimes foolish, but he means all right."  
"That is not satisfactory," said the employer. "What's the doubt about him?"  
"Well," was the hesitating reply, "he rather has a habit of defying authority, just for the sake of defying it. He doesn't care particularly about breaking the rules or the laws, but he seems to have a complex which makes him antagonistic toward anyone over him. He will probably do his work well, but he will always be itching for an opportunity to sass you a bit."  
"Guess that's enough," said the employer, and he looked elsewhere for an employee.—Springfield Union.

A simple, old-fashioned medicine, as good today as in 1837, is compounded in Wright's Indian Vegetable Pills. They regulate the stomach, liver and bowels. Adv.

## Not What It Seemed

The dancers stopped and watched as a sunburnt man crossed the floor toward the host. His whole frame shivered and shook. Then suddenly his tremors ceased and he was surprised to hear a burst of applause from the guests.  
"Welcome, old man," cried his host, seizing the newcomer's hand, "and congratulations. I never expected to see such an expert performer of the Charleston straight out of central Africa."  
The traveler gasped.  
"Charleston?" he echoed. "That wasn't the Charleston, that wasague."

## Tree Preserved in Ice

A Canadian government exploration party recently came across a spruce tree which had been preserved in the ice of the great North American glacier in Alaska. The glacier had receded and left the tree exposed after an imprisonment estimated at hundreds of thousands of years. The spruce was apparently one hundred twenty-four years old when the glacier enveloped it.

## Husband, 9, Is Divorced

One of the first cases heard under Turkey's new divorce law was that of a seventeen-year-old girl who divorced her nine-year-old husband to whom her parents had wed her sight unseen under the old law, says Capper's Weekly.

## Bluebird Your Friend

The bluebird can never have too many homes free from English sparrows. In feeding, it is his habit to fly from a perch to the ground and return with leisure. He turns flycatcher and adds winged insects to his bill of fare.—Nature Magazine.

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## New Photographic Film

An elastic photographic film has been developed in Germany which can be soaked and then stretched to any desired size, afterward being placed upon a glass plate and dried. By the new process the film can be stretched until the picture is enlarged ten times the original size.

## Division

"How is the earth divided?" asked a pompous examiner, who had already worn out the patience of the class.  
"By earthquakes," replied a boy.—Vancouver Province.

Public opinion legislates all the time. It creates and enforces the unwritten laws.

Don't make yourself common; the world only sits up and takes notice of the uncommon.

## HOW MRS. WEAVER WAS HELPED

By Taking Lydia E. Pinkham's Vegetable Compound

As Mrs. Weaver herself says, "I was never very strong."

This is a mild statement describing her condition, for, according to her letters, she was subjected to no small amount of ill health. Fortunately, her sister was familiar with Lydia E. Pinkham's Vegetable Compound and begged Mrs. Weaver to try it. "After three or four weeks," writes Mrs. Weaver, "I felt a great difference in myself. I would go to bed and sleep sound, and although I could not do very much work, I seemed stronger. I kept on taking it and now I am well and strong, do my work and take care of three children. I sure do tell my friends about your wonderful medicine, and I will answer any letters from women asking about the Vegetable Compound."—Mrs. LAWRENCE WEAVER, East Smithfield St., Mt. Pleasant, Pa.

If you know that thousands of women suffering from troubles similar to those you are enduring had improved their health by taking Lydia E. Pinkham's Vegetable Compound, wouldn't you think it was worth a trial?  
In some families, the fourth generation is learning the merit of Lydia E. Pinkham's Vegetable Compound.

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## CHILDREN CRY FOR

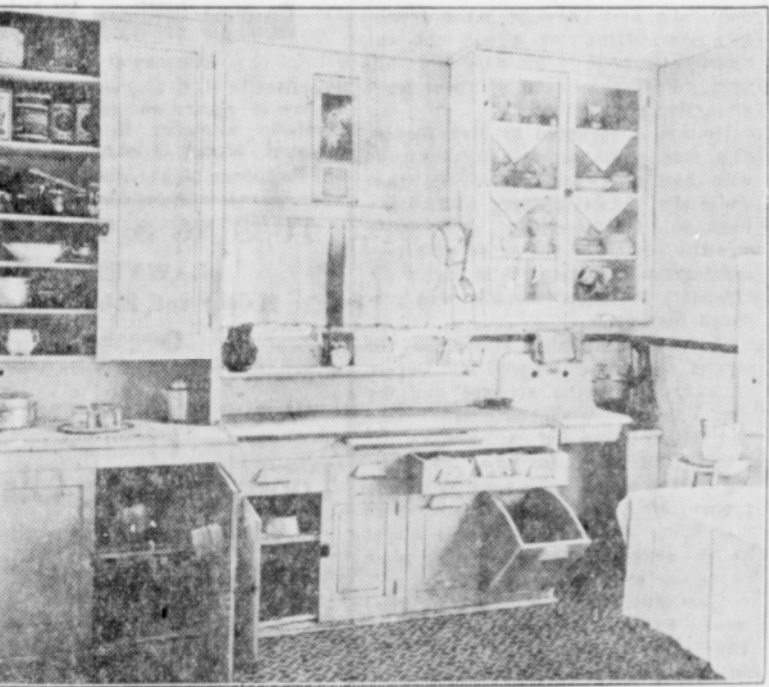


## Fletcher's CASTORIA

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## EVEN RENTED HOUSES MAY BE CONVENIENT



Such Improvements as These Would be Well Worth Making Even in a Rented Home—A Few Cupboards, a Counter, or Drain Board Next to the Sink and Storage Places for Supplies, Dishes and Saucepans are Handy.

(Prepared by the United States Department of Agriculture.)

It is true that when you rent a home you must accept most of the stationary features as they are. In looking about for a place to live you make the best choice you can. But unfortunately sometimes interest and attention stop right there. You say, "It does not pay to spend time or money on somebody else's property," forgetting that what you would really spend both for would be your own comfort and pleasanter working conditions.

You will pass a great deal of time in the kitchen. Why not begin by looking at it critically, to see what improvements could be made without too great effort or expense? Are the walls and woodwork a cheerful color? A little paint will make them so. If you cannot persuade the owner to do it for you, paint them yourself. Choose a warm tan or soft yellow for the walls in a room that needs sunshine; a cool gray in one that already receives plenty of light and sun.

### Work Centers Arranged.

How are the work centers arranged for preparing food, cooking, serving, clearing away and dishwashing? Can you move any part of the equipment so as to save steps? Farmers' Bulletin 1513-F, "Convenient Kitchens," will give you some good suggestions as to how this can be done. The

United States Department of Agriculture will send the bulletin free on request as long as the supply lasts.

What about the height of the various working surfaces? You can put blocks under the legs of a kitchen table so that you do not stoop over it. If the sink is too low for your height, set a box or pan in it and rest the dishpan on that. Put rollers on anything that must be moved frequently, such as the table or wood box.

**Curtains Brighten Workroom.**  
Get some fresh curtains made of sturdy washable material to brighten up your workroom. Gingham or unbleached muslin would be inexpensive and answer the purpose. In fact, in every room where it is not possible to make other changes, curtains will help to give an attractive, individual note.

Glance about the rest of the house and see what can be done to make it livable. Before moving in the furniture look at the woodwork, walls, windows, and floor and see if they need any treatment which you could give without much outlay. Paint and varnish help wonderfully. Think over your furniture, and make up your mind to do without any ugly or unnecessary pieces, and to put away any bric-a-brac or pictures that only require extra work and care. Put a pole in each bedroom closet for clothes hangers, and make shoe bags or racks.