

## MEAT LOAF MOST ECONOMICAL DISH

Some of the Cheaper Cuts Can Be Utilized.

(Prepared by the United States Department of Agriculture.)

If every dinner could be equally easy to prepare, tasty, different from the last one, inexpensive and popular with the family, we housekeepers would cease asking ourselves this eternal question. Meat loaf or roll is one of the most economical meat dishes you can serve. Some of the cheaper cuts can be used in making it and every bit that is not eaten hot is useful for serving cold in slices or for sandwich filling. Any lean meat may be used if gristle and skin are trimmed off. From one-fourth and one-fifth as much pork as beef is a good proportion. Too much pork makes an overrich, greasy loaf. Many homemakers prefer to have a fresh piece of meat cut off and put through the grinder under their direction, or some like to take it home and grind it themselves. A very good loaf may often be made at considerable saving per pound from the trimmings the butcher accumulates from the more expensive cuts. If the pork is not added to the beef a small amount of fresh suet should be put through the chopper with the meat.

So many different seasonings may be used in a meat loaf that it is difficult to give an exact recipe. Unless the family objects to the flavor, chopped or grated onion should be added to the meat. Thick cream sauce or brown gravy or eggs will be needed as a binder. Fine dry bread crumbs, or cracker meal, will help to hold it together. The flavor is greatly improved by combining canned tomatoes with the meat mixture or serving in a sauce over the loaf.

For your loaf you will need 2 pounds of ground beef; 1/2 pound of ground pork; 1 onion, grated; 1 cupful of thick cream sauce or gravy, or 2 eggs; 1 cupful dry bread crumbs, or cracker meal; 1 to 2 cupfuls canned tomato; salt and pepper to taste; dried celery tops, or other seasonings if desired. Mix all these ingredients together thoroughly. Shape the mixture into a loaf, laying a strip or two of salt pork or small pieces of suet on the top, and place it in a heavy baking pan. Cook in the oven for 1 1/2 to 2 hours. Have the oven hot at first but reduce the temperature toward the end. If the sauce or gravy is used as the binder for the loaf make it with 3 tablespoonfuls of flour and 2 tablespoonfuls of butter or other fat to one cupful of liquid.

## Chicken Loaf Appetizing When Served Hot or Cold

An old chicken may be slummed with seasonings until tender and then prepared in many different appetizing ways. One of the nicest ways to use it is to make a chicken loaf, which can be served hot or cold. The following recipe supplied by the United States Department of Agriculture requires two cupfuls of cooked chicken.

**Chicken Loaf.**  
2 cupfuls finely cut cooked chicken  
1/2 cupful mashed chicken  
1 cupful fine bread crumbs  
1 1/2 tablespoonfuls butter or chicken fat  
1/2 cupful milk  
2 eggs  
1/2 cupful mixed canned peas  
Salt  
Paprika  
Onion and green pepper fried in butter or chicken fat

Heat the milk and moisten the crumbs with it and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for one hour, or until firm and brown. Turn out on a platter and serve hot or cold. If served cold, garnish with sliced tomato.

## CARE FOR FLOORS IMPORTANT TASK

Good-Sized Boy Can Do the Polishing.

(Prepared by the United States Department of Agriculture.)

If you have a good-sized boy in your family enlist his help out of school hours to recondition the floors. If they have been varnished, they should be swept with a soft brush, a mop, or a broom covered with a cotton-flannel bag, and then rubbed with a cloth or mop slightly moistened with floor oil or kerosene. The oil gradually dries out of varnish after it has been applied to wood, and unless re-stored by an occasional rubbing with an oiled cloth, the varnish becomes exceedingly hard and brittle. Use only enough oil to moisten the cloth or mop.

In general, says the United States Department of Agriculture, varnished floors retain their color and luster



Enlist the Boy's Help With the Floors.

better if no water is used on them, but if very dirty they may be wiped with a cloth or mop wrung out of warm soapy water, wiped dry at once, and polished with an oiled cloth or mop.

Waxed floors should be swept with a soft brush or mop entirely free from oil. Oil softens wax and should never be used on it any way. About once a week a waxed floor should be given a more thorough cleaning with a cloth wrung out of warm soapy water, or moistened with turpentine or gasoline. Occasionally after cleaning, the entire floor may be given a very thin coat of wax and polished with a weighted brush or woolen cloth.

## Simple Cooked Dressing

If you have on hand some sour cream, you may prefer to make a cooked dressing. A good method is as follows: Beat an egg very light, and add to it quarter teaspoonful of mustard, half teaspoonful of salt, quarter teaspoonful of paprika pepper, half teaspoonful of sugar, quarter cupful of vinegar, and one cupful of sour cream. Mix well and cook in a double boiler, stirring constantly, until thick and smooth. If this dressing has any tendency to separate, strain it before cooling.

## THE KITCHEN CABINET

(Copyright, 1927, by Western Newspaper Union.)

Go to it! Even an electric button won't accomplish anything unless it is pushed. When men and women have their ideals and work in common, the world will be helped along with something like electric speed.

## CHILDREN'S LUNCHEONS

With vacation days over the lunch problem again confronts the mother who has children who go some distance to school. The importance of a good nourishing lunch is being better understood and appreciated. Many a dull pupil is often undernourished and not getting the right kind of food.

Good health is the first thing to look after in all children and proper food is one of the most important factors in health. Plenty of fresh air and exercise are hard to get.

The child should be started out in the morning with a nourishing, easily digested breakfast. A dish of good cooked cereal with top milk or thin cream, a piece of toast or a muffin with an egg will stay by him until noon. Hot milk in cold weather, cocoa occasionally, but coffee or tea never.

For luncheon when possible a hot drink or hot soup with sandwiches and a bit of fruit. Lack of appetite in the morning is often the result of sleeping in poorly ventilated rooms or keeping too late hours. A child from five to twelve should sleep at least nine or ten hours. The food for growing children should be easy of digestion. The habit of many mothers is to warm the milk with a little coffee. Those who have studied the subject tell us that such a drink causes fermentation in the stomach and of course the coffee itself is a stimulant and highly injurious to a child.

Highly seasoned foods and condiments should never be given to the growing child. They unduly excite the digestive juices and upset the stomach.

Variety in the lunch basket is a helpful thing. Children tire of the same things. Tuck in a little surprise as often as possible; all these things add to the appetite.

The child's luncheon should be planned for and put up as carefully, as a grown person's lunch. Have it as dainty and attractive as possible. The packing of a daily lunch is not a small task. Use plenty of cheap paper napkins and waxed paper to separate the foods and keep them dainty. Small cups and plates of paper can be bought very cheaply, so that it adds in making the lunch easier to serve and also lighter to carry.

A dessert of tapioca with any good fruit is always a good one for the children and one which they will enjoy.

**Ways With Peas.** Peas are among our most nutritious vegetables. Belonging to the proteins they take the place of meat in the diet.

**Green Pea Soup.**—Take one pint of green peas, a quart of stock (chicken is best), a small bunch of parsley—mint if liked, two tablespoonfuls of butter and a teaspoonful of salt. Cook all together and put through a sieve, then reheat. Season with butter, salt and pepper and serve hot.

**Pea Souffle.**—Cook a pint of peas until soft, put them through a sieve, add two tablespoonfuls of butter, a pint of milk, the yolks of three eggs. Season with salt and pepper and fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake twenty minutes.

**Salmon and Pea Salad.**—Flake a can of salmon, removing the skin and bones. Take an equal amount of cooked peas and mix well with the salmon. Serve on lettuce with a hotted dressing to which a sour pickle has been added, chopped into bits.

**Combination Salad.**—Take one cupful of peanuts cut into bits, two cupfuls of peas, one-half cupful of olives, a bit of chopped onion and mayonnaise dressing with seasoning of salt and pepper.

**Peas and Peppers.**—Take the tops from six even-sized green peppers, remove the seeds and soak in strong brine overnight. Moisten with the liquor from a can of peas, fill the shells with one-half cupful of minced meat, one cupful of peas, one-half cupful of bread crumbs, a little onion juice, salt and pepper to taste. Bake until the peppers are tender.

When green peas are not obtainable, the split dried pea makes a most satisfactory soup. Soak the peas overnight and cook them in the same water with a good-sized piece of salt pork. Cook for three or four hours, then put through a sieve or serve un-sifted. An onion and a stalk of celery add to the flavor of the soup.

Creamed peas served round a steamed salmon loaf makes a fine dish. Cook the salmon loaf in a small bread pan, turn out on a hot platter and pour the peas around the loaf.

Peas with peanuts and chopped sour pickles, adding a good dressing, makes a piquant salad, well liked.

*Nellie Maxwell*

## 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 September 25

### REVIEW—THE EARLY KINGS OF ISRAEL

**DEVOTIONAL READING—Ps. 105: 1-8**  
**GOLDEN TEXT**—The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all.  
**PRIMARY TOPIC**—What We May Learn From Samuel, Saul, David and Solomon.  
**JUNIOR TOPIC**—Teachings and Warnings From the Quarter's Lessons.  
**INTERMEDIATE AND SENIOR TOPIC**—Lessons From Samuel, Saul and David.  
**YOUNG PEOPLE AND ADULT TOPIC**—Honoring God in Our Lives and in Our Land.

Though the lesson title for the quarter is "The Early Kings of Israel," the great character Samuel should be included. A good way to conduct the review would be to make a character study of the four outstanding persons of the quarter—Samuel, Saul, David and Solomon. Perhaps the most satisfactory method of review will be the summing up of the leading events and teachings of each lesson. The assignments should be made a week ahead, so that the members of the class may recite without hesitation. The following suggestions are offered:

**Lesson for July 3.** Against the protest of Samuel the people demanded a king, in order that they might be like other nations. Saul, of the tribe of Benjamin, was given as best suited to fill the place.

**Lesson for July 10.** Because of Samuel's exemplary life as a child, a judge and a ruler, he was able to challenge the people to show wherein he had ever defrauded or oppressed anyone. It is a fine thing when a man in public life can be vindicated against the charge of wrongdoing, either in public or in private.

**Lesson for July 17.** Saul's failure brought great sorrow of heart to Samuel. The selection of David from Jesse's sons showed that God looks not on the outward appearance, but upon the heart. David's fidelity as a shepherd boy put him in line for promotion.

**Lesson for July 24.** Because David was jealous for and trusted in God he was able to overcome Goliath, who had defied the living God.

**Lesson for July 31.** The friendship of David and Jonathan has become immortalized in the world's thought. It was unique in that it occurred between two men of rival worldly interests. Jonathan, the crown prince, knew that God had chosen David, therefore he waived his natural rights.

**Lesson for August 7.** David knew that God had rejected Saul and chosen himself to be king. Though relentlessly pursued by Saul, David spared the king because he was God's anointed.

**Lesson for August 14.** When David was made king he desired to bring up the ark, the symbol of God's presence, to the center of the nation's life. Though his desire was worthy, he was not careful to do according to God's way. Doing a right thing in a wrong way is displeasing to God.

**Lesson for August 21.** Though God did not permit David to build a house for Him, He did something better; He promised to build for David a house, that is, to establish for him a throne. God does more and better for us than we are able to ask or think.

**Lesson for August 28.** Through neglected duty David fell into temptation and grievously sinned. By means of a parable Nathan the prophet convicted him of his sin. Upon confession to God forgiveness was granted.

**Lesson for September 4.** Because Solomon chose wisdom in order to intelligently reign over the nation, God abundantly bestowed upon him wisdom and riches. God's blessings exceed our asking.

**Lesson for September 11.** Solomon's first task after his coronation was building the temple, a privilege which was denied to David his father. Because of Solomon's obedience God manifested His presence and thus made the temple holy.

**Lesson for September 18.** Rehoboam's pride and arrogance; lost to the support of the major portion of the nation.

### We Grow Strong or Weak

Great occasions do not make heroes or cowards; they simply unveil them. Silently, day by day, we grow strong or weak and at last some crisis shows what we have become.—Canon Westcott.

### Have Christ in Your Heart

If a man have Christ in his heart, heaven before his eyes, and only as much of temporal blessing as is just needful to carry him safely through life, then pain and sorrow have little to shoot at.—William Burns.

### The Cost and the Gain

Christ tells us to count the cost of discipleship, but he never asked us to count the gain. He knew we could not; there is no arithmetic to compute that.—W. L. Watkinson.

## What's the Answer?

### Questions No. 14

- 1—What is the high standing jump record?
- 2—Who invented the sewing machine and when?
- 3—What vice president was later tried for treason?
- 4—What is geology?
- 5—With what three remarkable roles are the name and fame of Mrs. Fiske principally associated?
- 6—Which is the highest mountain in Great Britain?
- 7—What legends are the subject of Tennyson's "Idylls of the King"?
- 8—What is the umbrella bird and what is its most conspicuous ornament?
- 9—Is this statement correct: "I expect that you have eyestrain"?
- 10—What is the third verse in Chap. 1 of the Book of Job?
- 11—What European sea coast is known as "cote sauvage"?
- 12—What is the record for the national collegiate run of 100 yards?
- 13—When was Labor day made a legal national holiday?
- 14—What President later became a member of the house of representatives?
- 15—Where are emeralds found?
- 16—What English author, essayist and lecturer was most famous as an art critic?
- 17—What are the "Biglow Papers"?
- 18—What is vanilla, what its uses and where grown?
- 19—Which is correct, "would rather" or "had rather"?
- 20—What is a psalm?

### Answers No. 13

- 1—Mary Ann Evans.
- 2—Philadelphia defeated Boston 4-1 in a 24-inning game September 1, 1906.
- 3—Six; Jefferson, Madison, Monroe, John Quincy Adams, Van Buren, Buchanan.
- 4—Carolina, for Charles II.
- 5—That branch of knowledge that treats on the science of life.
- 6—Landscape painting.
- 7—Ladoga.
- 8—It is a native of North America and there are but two species, the Yucatan and Central American.
- 9—Twenty-five.
- 10—II Chronicles; Chap. 4, v. 10.
- 11—"War and Peace."
- 12—G. H. Goulding of Canada walked it in 6 min. 25.8 sec.
- 13—Millard Fillmore.
- 14—Gen. John H. Morgan.
- 15—That branch of science that deals with the properties of different kinds of matter.
- 16—Beethoven.
- 17—Scotland.
- 18—It is a genus of early blooming plants belonging to the lily family and there are about forty-five species.
- 19—By the people inhabiting the western Pyrenees.
- 20—In the Bible.

## Shakespeare Held as Leader of New Art

The masterpieces of one art were produced at its birth. The theater was a new institution in the social life of Shakespeare's youth, and the first playhouse built in England was not a dozen years old when the great poet arrived in London. The Middle Ages had gratified its love of mimicry by miracle plays, which developed into moralities and interludes. The middle of the sixteenth century Latin and Greek plays were crudely imitated in English, but of poetic, literary, romantic, intellectual drama England knew practically nothing until Shakespeare was of age.

"Here," it seems he must have said, "is a land just discovered—I shall be the leader of its exploration." A young man of twenty-two, burdened with a wife and three children, he had left his home in his native town about 1586 to seek his fortune in the great city. He had few friends and no money. His ambition was to be an actor and to write his own plays he sought and won a job as call-boy at one of the newly founded theaters and was only after some delay promoted to humble duties on the stage itself. He tried his hand at the revision of an old play, and the manager, recognizing the youth's gift, added him on his climb. But for seven or eight years he worked in obscurity and it was not until his "Romeo and Juliet" was produced that he was hailed as the prophet of a new world of art.—Kansas City Star.

### The Horse in History

Domestic breeds of horses existed in Europe from prehistoric times. The first mention of the British horse occurs in "Caesar." Though used extensively in warfare and other pursuits, agriculture seems to have been the first use to which horses were put. The earliest suggestion that horses were used in agriculture is derived from a piece of Bayeux tapestry where the horse is represented as drawing a harrow.—Washington Star.

## CAP AND BELLS

### NOT A POPULAR PERSON

It was a dark and stormy night in the Channel, and the officer, returning to his ship, slipped on the gang-plank and fell into the seething water. One of the men who witnessed the accident very pluckily went to the rescue and after a severe struggle brought him aboard. The officer was profuse in his thanks. "And tomorrow I'll thank you before the whole ship's company." "For goodness sake, don't do that, sir," pleaded the hero in alarm. "If they thought I'd saved your life they'd half-kill me."—London Answers.

### A Bit Too Willful



First Flapper (discussing the older generation)—Are your parents reasonable?  
Second Flapper—Oh, they're reasonable enough if only they would let me give them the benefit of my experience.

### On Installments

Sixteen months of worry,  
Debt up to your neck;  
Then you OWN the auto—  
Just when it's a wreck!

### What She'd Call Him

"If a tall man, wearing horn-rimmed glasses, walked into a large department store to buy a dozen lace curtains trimmed with pink and blue ribbon and said that he wanted them delivered that very day or he would not take them, what would the girl behind the counter call him?"  
"I bite."  
"A customer."

### Spry, Thankye

Reporter—So you are one hundred six years old? How do you feel?  
Grandpa Dodder—Just like a kid. I don't feel a day over ninety.

### Words of Counsel



Assistant—I can't understand what made the lady so angry.  
Doctor—Never refer to a lady's big toe, son. Always say "the largest of your small toes."

### Startling Inference

The Wild West pageant I enjoyed.  
I really did not know  
That elephants were once employed  
To hunt the buffalo.

### Old Stuff to Her

Norton—Something seems to be wrong with this engine, it—  
Pansy—Don't be foolish; wait until we get off this main road.

### Habit

Vicar (to parishoner)—I haven't seen your husband, Mrs. Wops, at our meetings for a long time. I hope he hasn't taken umbrage?  
Mrs. Wops—I shouldn't wonder, sir. He buys all these patent medicines.

### Boosting Business

Mary—Every time one of Blinks' employees gets married he gives him a raise in pay.  
Sally—He should! Blinks is a wholesale rice dealer.

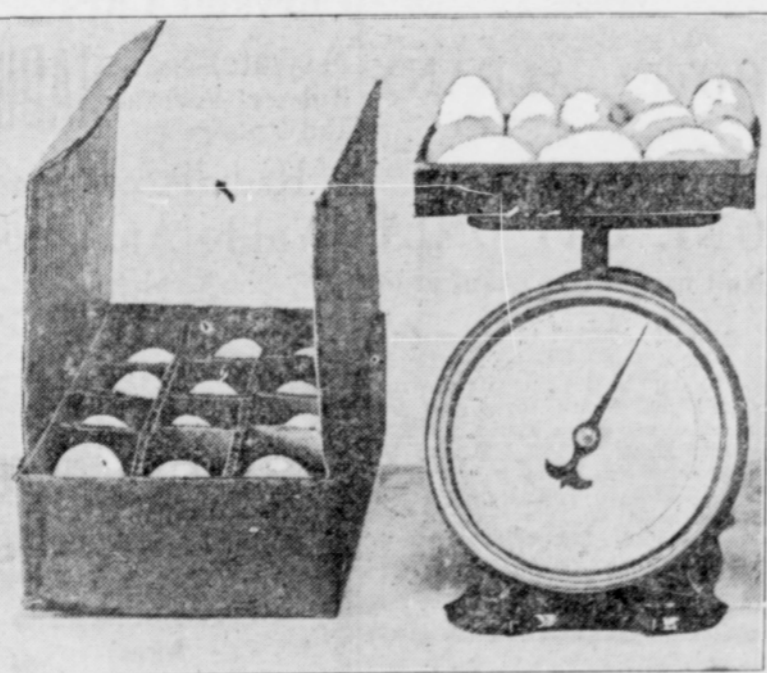
### Rare Exhibit

The customer thought he was being soaked. "Vat, fifty cents for just von package of cigarettes? Vat do you think I am?"  
"I don't know," yawned the girl behind the counter, but whatever it is, you're the only one of it."

### He Is

"After all," said Gableton, "we could be a great deal worse off than we are!"  
"I am!" snarled old Festus Pester.

## PLAN OF SELLING EGGS BY WEIGHT BEST



Eggs by Dozen or Weight.

(Prepared by the United States Department of Agriculture.)

Apples, potatoes, string beans and other products handled by the green grocer or fruit stand are now usually sold by weight instead of by count or measure, but for some reason the habit of handling eggs by the dozen still persists. As every housekeeper knows, there is the greatest difference in the size of eggs, even in the same box; and the most up-to-date cook books will call for "a cupful of egg whites" or, even better, so many ounces of egg white, rather than a specific number of eggs.

If women would generally weigh their eggs and persuade dealers that a dozen very small eggs are not worth as much as a dozen fine big ones, the custom of selling eggs by weight would soon become established. The United States Department of Agriculture favors this system of selling eggs as being fair to both buyer and seller. It would encourage the proper sorting and grading of eggs on the part of the producer, and the consumer who found her family satisfied with the little eggs could get them cheaper and leave the big ones for someone else.