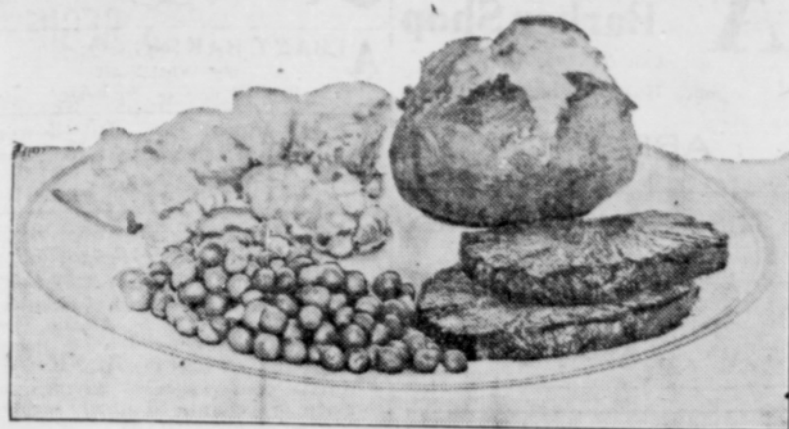


## ANOTHER EXCELLENT VEGETABLE PLATE



A Tasty Combination Lunch.

(Prepared by the United States Department of Agriculture.)

Many combinations are good in vegetable plates. Particularly appetizing is this lunch or supper of baked potato, cauliflower, fresh or canned peas, and fried canned pineapple. If cauliflower is not available, cabbage may be used.

The foods must be timed so as to be ready together. The baked potato will require about 45 minutes to cook; the cauliflower and fresh peas about 20, and the pineapple about 30 minutes, according to how many pieces are to be prepared. Cook the pineapple slowly in butter, after it has been drained

and floured, until it is a delicate brown, and keep it hot while the other foods are being arranged on the plates.

Avoid having too hot an oven for the baked potato. A very hot oven produces a hard dark crust. When the potatoes feel mealy and tender to the very center, take them out of the oven immediately and work them between the fingers, then stick a fork into one side and make an opening to let out the steam. Press the potato flesh upward and put a piece of butter on it. Sprinkle with paprika and serve at once.

## CANNED PEACHES WITH CUSTARD

Combination Served Occasionally Is Excellent.

(Prepared by the United States Department of Agriculture.)

Serve custard sauce occasionally with such canned fruit as peaches, plums, apricots, or pears, or with some of the fresh fruits in season. Custards, moreover, add to the supply of iron and vitamins the children get, and they should be encouraged to eat them.

To make a soft custard, use a double boiler, says the United States Department of Agriculture. Heat a quart of



Supply of Iron and Vitamins Needed by Children.

milk with half a cupful of sugar and one-eighth teaspoonful of salt in the double boiler. Beat five or six egg yolks lightly and pour slowly into them some of the heated milk. Pour back into the pan and stir constantly until the custard coats the spoon. Remove at once and place the pan in a bowl of cold water, stirring until cool. Add one teaspoonful of vanilla. Chill the custard and serve with canned peaches or other fruit.

## Old-Fashioned Dessert of "Flummery" Pleases

A "flummery" is an old-fashioned dessert that is easy to make in the season of highly flavored small fruits such as blackberries and black raspberries. Many people dislike the seeds in stewed or canned berries. Flummery has all the fruit flavor without the seeds. The bureau of home economics gives these directions for making it:

**Blackberry Flummery.**  
2 cupfuls blackberry juice from canned or cooked fresh blackberries  
1/2 cupful sugar (if juice is unsweetened)  
8 tablespoonfuls farina or 4 tablespoonfuls cornstarch  
1/2 teaspoonful salt  
2 teaspoonfuls lemon juice

Heat the blackberry juice. Mix the sugar and the farina or cornstarch and the salt, and add to the blackberry juice. Cook in a double boiler for 15 to 20 minutes, or until the mixture thickens and the raw starchy taste disappears. Remove from the fire, add the lemon juice, and beat well. Serve cold with top milk or plain or whipped cream. Raspberry flummery is made in the same way.

## Celery Fritters Would Be Good With Cold Lamb

With cooler weather one may think again of hotter and richer food than has been served during July, August and September. Fritters in any form must be served piping hot, and because of the deep fat in which they are fried, they add considerably to the richness of the meal. These celery fritters, for which the bureau of home economics supplies the recipe, would be particularly good with a menu consisting of cold sliced lamb and spinach. A fruit dessert would be good.

2 cups celery, finely cut  
1 egg  
1/2 cup sifted flour  
2 teaspoons salt  
1/4 cup milk  
2 teaspoons baking powder

Sift together the flour, salt and baking powder, add the beaten egg and milk, then the celery. Fry by spoonfuls in a well-buttered skillet. Drain on absorbent paper, and serve hot.

## CORN FRITTERS NICE FOR LUNCH

Add Flavor and Crispness to Vegetable Plate.

(Prepared by the United States Department of Agriculture.)

One of the nicest ways to add flavor, richness and crispness to a vegetable plate lunch is to include corn fritters. There are many combinations that would be good with corn fritters, as, for example, spinach, creamed onions and stewed tomatoes; or string beans, carrots and lettuce salad; or quick-cooked cabbage, beets and buttered mashed rutabaga. The other vegetables should be about ready to serve when you begin to fry the fritters, so that the latter can be sent to the table piping hot. Here is a recipe for making them, supplied by the United States Department of Agriculture:

**Corn Fritters.**  
1 cupful liquid, either from canned corn, or milk, or the two mixed  
1 cupful drained canned corn  
1 1/2 cupfuls sifted soft-wheat flour  
1 tablespoonful melted fat  
1 egg  
2 teaspoonfuls baking powder  
1/2 teaspoonful salt

Mix the flour, baking powder and salt. Mix the juice from the canned corn, or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist even after the liquid has been drained from it, more flour may be added. Dried corn, which has been soaked and cooked until tender, may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case, drop the mixture by spoonfuls into the fat and fry rather slowly, for these fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

## Making Sweet Pickles From Brined Vegetables

Vegetables prepared by the "long brining method" described in Farmers' Bulletin 1438-F can be freshened and made into sweet mixed pickle, which has been tested by the United States Department of Agriculture.

**Seasoned Vinegar for Sweet Mixed Pickle.**

3 cups vinegar  
1 cup water  
1 1/2 cups sugar  
1 tablespoon mustard seed  
1/2 cup dried red hot peppers  
1/2 ounce spice mixture below

**Spice Mixture.**  
2 ounces allspice  
2 ounces coriander  
2 ounces yellow mustard seed

Bring the vinegar mixture to the boiling point and pour over the vegetables below after freshening them for 12 to 24 hours. Seal in airtight sterile jars and store in a cool place.

**Vegetable Mixture.**

2 pint sliced cucumbers  
1 pint sliced onions  
1 pint sliced green tomatoes  
1 pint cut string beans  
1/2 pint cut sweet red peppers

## Spinach Soup Excellent Dish for the Children

Children need spinach as often as possible and they should have a pint of milk or more a day. Spinach soup, which combines these two valuable foods in an excellent way contributes to both needs. Directions for making it are given by the United States Department of Agriculture.

1 quart milk  
2 tablespoonfuls flour  
2 tablespoonfuls butter  
1 cup ground raw spinach  
1 teaspoon milk  
2 cups spinach

Place the milk in a double boiler with the salt. Wash the spinach well, chop or grind it, and if ground place a bowl to catch the liquid which runs from the grinder. Add to the spinach. Mix the flour and butter until well blended and add to the milk with the spinach. Stir until thickened and the spinach is cooked.

## What's the Answer?

### Questions No. 20

- 1—What is meant by the term "Water Babies?"
- 2—What was the real name of Lewis Carroll, author of "Alice in Wonderland?"
- 3—Which is the largest river in New England?
- 4—What audacious American genius who was painter, etcher, pastelist and lithographer; who had much in common with the impressionists, but was of no school but his own, was also famous for his wit in conversation and the brilliancy of his writings?
- 5—Who was the first woman to swim the English channel?
- 6—What was the date of the Boston massacre?
- 7—When did Daniel Boone first come to Kentucky?
- 8—Who discovered X-rays?
- 9—What is the annual salary of the President of the United States?
- 10—Does the name "Catholic" apply only to the church?
- 11—What woman was the heroine of the battle of Monmouth in the Revolution?
- 12—What general captured Stony Point in the Revolution?
- 13—Who invented wireless telegraph?
- 14—Who is the Western open golf champion?
- 15—What American actress of a past generation is most frequently mentioned when the great stars of the world are under discussion?
- 16—What great city of the world stands on two continents?
- 17—What English author entered Mecca and Medina disguised as a Moslem?
- 18—Where is the Fiddler crab found?
- 19—In case of the death or disability of both the President and the vice-president of the United States, who becomes President?
- 20—What is the total number of non-Christians in North America?

### Answers No. 19

- 1—Vicente Blasco Ibanez.
- 2—Jack Delaney.
- 3—John Rolfe.
- 4—Gen. Henry Hamilton, British.
- 5—Cyrus McCormick.
- 6—The Drews and the Barrymores.
- 7—The group of three great mountain ranges which traverse the country from north to south.
- 8—They are water rats and are widespread throughout England and Scotland.
- 9—Immigrant is used with reference into which, emigrant with reference to the country from which migration is made.
- 10—It is an important festival in the Greek, Roman and English churches. It is held on the 40th day after Easter.
- 11—The common fox.
- 12—Pedro Calderon.
- 13—Rene La Coste de France.
- 14—Battle of the Thames, 1813.
- 15—Battle of San Jacinto, 1836.
- 16—Richard J. Gatling.
- 17—Grieg; his "Peer Gynt" suite.
- 18—The Congo.
- 19—The "from" is redundant, "whence" meaning from what place.
- 20—Whitsunday is in contrast with Lent, in that no fasting was enjoined, and prayer was offered standing rather than kneeling.

## Historic Flag Now in French Army Museum

A priceless relic of Napoleon and his Grand Armee has been presented to the French Army museum at the Invalides. This is the original flag of the emperor's First regiment of foot grenadiers—the most glorious standard of the imperial guard. Measuring about 33 inches square, it is beautifully embroidered with imperial eagles and golden bees, and bears the inscription: "Garde Imperiale. L'Empereur Napoleon au Premier Regiment de Grenadiers-a-pied." This is the only flag which accompanied the emperor throughout his campaigns in Germany and Flanders, and it flew at Waterloo. It was this standard which General Petit held on the great parade at Fontainebleau in which Napoleon bade farewell to his troops before going into exile, and which he kissed in the presence of his weeping grenadiers. It was presented to the army museum by the family of the late Hato de la Goupilliere, a grandson of the General Petit who was holding it when it received the emperor's last salute.

### Great Lover of Books

The greatest of book collectors was Richard Heber, an Englishman who died almost a hundred years ago. He is said to have owned 150,000 books, many of them of great rarity. His library in London filled eight houses; when it was sold at auction the sale lasted more than six months and brought over \$250,000. Heber is the man who said that every gentleman ought to own three copies of any good book, one for show, one for use, and one to lend.—Youth's Companion.

Improved Uniform International

## Sunday School Lesson

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

### Lesson for November 6

#### AMOS PLEADS FOR JUSTICE

LESSON TEXT—Amos 5:1-27.  
GOLDEN TEXT—Let judgment run down as waters and righteousness as a mighty stream.

PRIMARY TOPIC—Treating Every-body Right.  
JUNIOR TOPIC—The Kind of Man God Hears.  
INTERMEDIATE AND SENIOR TOPIC—A Squaring for God Against the Crowd.  
YOUNG PEOPLE AND ADULT TOPIC—The Conditions of Divine Approval.

#### I. Israel's Desolation Predicted (vv. 1-3).

Amos lamented over the doom which was to overtake the nation. Israel is called a virgin because she had never been subdued by any foreign nation (see Isa. 23:12). Her falling to rise no more sets forth the utter desolation and helplessness to which the Assyrians subjected the nation. From this captivity Israel never returned. Those who came back from the Babylonian captivity were largely from Egypt.

#### II. The Call to Return to God.

God through the prophet says, "seek ye me and ye shall live." The implication is that while the divine judgments are not executed, an opportunity is offered for them to turn to God. In their turning to God they were to renounce:

1. Idolatry (vv. 5, 6).  
They were to turn away from the places of idolatry—Bethel, Gilgal and Beersheba. God's judgment was to strike these places.

If they would not come to Him for life He would be their destroyer. "Our God is a consuming fire." The only one who can give life to those who seek Him is the one who shall destroy.

#### 2. Cease to pervert judgment (v. 7).

"Turn judgment to wormwood" implies the bitterness of the perversion of justice to the injured.

3. Cease to dethrone righteousness. "Leaving off righteousness" is thought to mean that unrighteousness was allowed to take its place. In this third exhortation the Lord's name is given with the following statement of some of His works:

1. "Maketh the seven stars and Orion." 2. "Turneth the shadow of death into morning;" 3. "Maketh the day dark with night;" 4. "Calteeth for the waters of the sea and poureth them out upon the earth," both in rain and deluge; 5. "Strengthened the spoil against the strong."

#### III. The Sins Committed by the Wicked Nation (vv. 10-13).

1. They hated the Judge who condemned their wicked practices (v. 10).  
2. They abhorred him that spoke uprightly (v. 10).

This most likely referred to the prophets themselves who told them of their sins and urged uprightness of life.

#### 3. They trampled upon the poor (v. 11).

The rich built magnificent houses out of the proceeds extorted from the poor.

4. They afflicted the just (v. 12). This they did by taking a bribe.

5. They turned aside the poor in the gate (v. 12).

Because they had no money the poor were turned aside.

It was most difficult for the poor to get justice. The times were so evil that the prudent would best keep silence.

#### IV. The Conduct of the Righteous (vv. 14, 15).

No condition in the world, religious, social or political can become so difficult that the righteous are shut out from help. The righteous can:

1. Seek God (v. 14).

Those who seek good shall have with them the Lord God of Hosts.

2. Hate the evil (v. 15).  
Evil must be hated. The sin question must be settled before God can bestow His blessings.

3. Establish judgment in the gate. It was the custom in that day for the courts of justice to sit in the gate of the city. The prophet urges upon them the responsibility to place honorable men in charge of public affairs.

V. The Judgment to Fall (vv. 16-20).  
There is coming a day of retribution. Justice and right shall be vindicated. This will be realized in the day of the Lord (II Thess. 1:7-10; James 5:7). All wrong shall be righted at that time. May we earnestly pray, "thy kingdom come."

VI. Worship Without Holiness of Life an Abomination to God (vv. 21-27).

Sacrifices, observance of feast days and singing, when the heart is out of fellowship with God, is most displeasing to Him.

### Two Different Things

The love of God and the world are two different things. If the love of this world dwell in thee, the love of God forsakes thee; renounce that, and receive this; it is fit that the nobler love should have the best place and acceptance.

### House Not Made With Hands

The tent-life is the true life until the building of God, the "house not made with hands," is reached.—Phillips Brooks.



### A MATHEMATICIAN

Rufus was told to count the post holes around a certain lot, and let the owner know how many posts would be needed. He said, "Boss, I can't count."

"Yes, you can," was the answer. "Go on!"

So he started out, saying, "Dar's one. Dar's one. Dar's one."

After he had gone around the lot he reported, "Boss, I figures it will take a post for every hole around that lot."

### Seeking an Encore

"You may not remember me, sir, but two years ago at the shore I rescued your daughter from drowning and you made me a present of \$1,000."

"Yes, indeed, young man, I recall you perfectly. What can I do for you?"

"I merely dropped in to inquire whether your daughter has learned to swim yet."

### THE CAT



"Oh, Mabel, if Jack can get off next week, we're going to get married."

"Why, surely they'll let him off. It's not like he was taking a holiday to have a good time."

### Those Who Talk

To those who talk and talk and talk this proverb should appeal: "The steam that blows the whistle will never turn the wheel."

### Such Extravagance

"You see that man with the high forehead and the sunken eyes?"

"Yes. What is he?"  
"He's an efficiency expert, he told me."

"What on earth's that?"

"The sort of man who doesn't enjoy a sea voyage because all the salt is going to waste."—Stray Stories.

### OUCH!



"Jack is certainly a nice fellow, but ain't he dumb?"

"I don't know, he don't go with me as much as he goes with you."

### Good Deeds

Under no circumstances should good deeds ever die. Still they go on in a trance, which you cannot deny.

### Solved It

"Have you heard of my latest discovery?"

"No, what is it?"  
"I've found how to tell the number of pieces of macaroni on a plate."

"How?"

"Why, you add up the ends and divide by two."—Pathfinder.

### Ridiculous Error

Hubby—That's a pretty sash for your new dress, dear.

Wifey—Why, that's not the sash, silly. That's the dress.

### Undaunted

"What became of Brown's summer hotel that failed because the place was so unhealthful?"

"Oh, he's running it now as a sanitarium."

### Civic Gesture

"Why won't you contribute to bring the New York Opera company to Plunkville?"

"They won't come."

"Then it's safe to promise a contribution."

## Sure Relief

No more Over-Acidity

Gas, nausea, sick headache, heartburn, distress after eating or drinking quickly and surely relieved. Safe. Pleasant. Not a laxative.

Normalizes Digestion and Sweetens the Breath



6 BELL'S Hot Water Sure Relief  
**BELL'S FOR INDIGESTION**  
25¢ AND 75¢ PACKAGES EVERYWHERE

### Count Above 10

Forty One—No, young man, words do not matter. It is only deeds that matter; words never count.

Young One—That depends. Have you ever sent a telegram?—Paris Rire.

## The BABY



No mother in this enlightened age would give her baby something she did not know was perfectly harmless, especially when a few drops of plain Castoria will right a baby's stomach and end almost any little ill. Fretfulness and fever, too; it seems no time until everything is serene.

That's the beauty of Castoria; its gentle influence seems just what is needed. It does all that castor oil might accomplish, without shock to the system. Without the evil taste. It's delicious! Being purely vegetable, you can give it as often as there's a sign of colic; constipation; diarrhea; or need to aid sound, natural sleep.

Just one warning: It is genuine Fletcher's Castoria that physicians recommend. Other preparations may be just as free from all doubtful drugs, but no child of this writer's is going to test them! Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold.

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