

Serving Hot Lunch Cafeteria Style.

It has been found that children who must go some distance to school and either carry lunch from home or get part or all of it at school are much better off when at least one hot dish is provided, such as soup or cocoa, or an entire not meal, usually served cafeteria style. Not only do the children feel better and do better work in the afternoon session when they have had hot food for lunch, but in many instances the food provided at the school is a valuable lesson in food selection. In some instances the preparation of it is turned over to the older girls, so that it becomes a part of their home economics training. In other cases various mothers take turns in coming to the school to prepare the lunch. Still another plan is for the children to bring their own food ready for heating and to appoint several children to help the teacher in doing

In practically all cases the children

(Prepared by the United States Department of Agriculture.) gradually absorb ideas about food selection and preparation, and often this is the entering wedge to a better knowledge of food in the child's home, and to greater interest in the subject of nutrition. The relation between good health and the right food is brought out when the school lunch is properly directed and planned by a group or committee. Cleanly habits of eating are learned, too, and the children are usually better off when lunching in an orderly way under supervision than when left to their own

> devices. The United States Department of Agriculture suggests that in communities which do not at present have a hot dish at the school lunch, a group of mothers might get together and see how the matter could be arranged. If the children are to pay for what they get, rather than bring the food. the price charged must be within the reach of all, usually only the cost of materials and fuel.

#### CORRECT LINES FOR A MATRON

#### Choosing Clothes for Stout Woman Is Important.

(Prepared by the United States Department of Agriculture.)

The woman who is semewhat inclined to stoutness, especially if she has white or gray hair, needs to give very careful attention to the selection of her clothes with a view to emphasizing her dignity and correcting the appearance of size. She must

vertical lines from shoulder to hem. made by the flat plaits and the long flat tie, the plain set-in sleeves, and the correct length of the skirt. The distance of the hemline from the floor is appropriate for a woman of heavy build. The material is gray crepe relieved only by the simple groups of buttons and varicolored banding on

In the other dress there is a mistake in every detail. The dark blue satin is combined with a large figured chiffon. The shiny satin seems to make the figure stouter than it actually is Belting it in at the waist brings out the fullness of the bust and hips need



Desirable Dress for Stout Woman.

avoid fussy styles, lines crossing the figure horizontally, shiny fabrics, vivid colors, large patterns, tight belts, and too short skirts. In these two illustrations of the same person posed by the United States Department of Agriculture, the desirable dress has long



Mistake in Every Detail of This Outfit,

lessly, and interferes with the tit making the general impression one of untidiness. The large puffy kimone sleeves are inappropriate on fleshy arms and by wearing the skirt so short, a ridiculous chopped-off appearance is given to the figure.

#### Orange Sherbet Makes Pleasing Summer Dessert

Orange or lemon sherbet is easy to make and very refreshing as a hot weather dessert. Pure fruit juice should be used in making it. The bureau of home economics gives the recipe below:

Orange Sherbst.

1 1/2 cupfuls orange juice 1% cupfuls sugar teaspoonful

1 cupful cream or 3 cupfuls rich milk 2 tablespoonfuls

2 cupfuls milk and

Heat one cupful of milk and add the sugar. Stir until the sugar is dissolved. Add the other ingredients. Use a freezing mixture of one part salt and four to six parts of ice, and turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the sherbet stand for an hour to ripen in flavor.

Lemon sherbet may be made in this same way by omitting the orange juice, and using enough lemon juice to give the desired flavor.

#### Prevent Needless Waste of Foods at the Table

Family prejudices about foods may defeat the most earnest efforts to set an economical table. Sensible train ing when children are little will prevent the formation of many of these prejudices. Even if adults do have faulty food habits, they can often be reasoned out of them.

Get everybody in the family to see the need for economy and to recognize the fact that no good food should be wasted after it once enters the kitchen The high cost of the table is sometimes traceable to the full garbage pail. Admit that some flavors are more tempt ing than others, but convince the famlly that there is now such a wide variety of acceptable flavors that each one can be pleased a large part of the time. Show them that in selecting foods in the market you have to be guided by what is available, by what will be different from yesterday's menu, and tomorrow's, too, and most A sane Christian keeps his hand on important of all, by what will make up a balanced diet.

Improved Uniform International

(©, 1927, Western Newspaper Union.)

#### Lesson for November 13 HOSEA PREACHES GOD'S LOVE

LESSEN TEXT-Hosea 11:1-4:8, 9;

GOLDEN TEXT-I desire mercy and ot sacrifice and the knowledge of od more than burnt offerings.

PRIMARY TOPIC—God's Wonderful

JUNIOR TOPIC-God's Wonderful

Love.
INTERMEDIATE AND SENIOR TOP-IC—The Unchanging Love of God. YOUNG PEOPLE AND ADULT TOP-IC—The Loving-Kindness of God.

Hosea's message was primarily to fsrael. The nation was outwardly prosperous, for its height of temporal glory was reached in the time of Jeroboam II. (See II Kings 14-20). With this prosperity came luxury, immorality and apostasy. Calf worship and Baal worship were substituted for the worship of God.

I. The Apostasy of Israel (chs. 1-3). Israel's covenant relationship with Jehovah is presented under the figure of a marriage. Their spiritual whoredom is symbolized by the example of

an unfaithful wife. 1. The marriage (1:1, 2).

Hosea was commanded by God to take an unchaste woman to be his wife. While this was a strange act, yet it was right, for it was commanded by God, and its motive was the elevation of the woman to the prophet's moral plane. It was designed to show God's wonderful condescension and love in entering into covenant relationship with a nation of such immorality. The nation had no more to commend it when God chose it than this unchaste woman when Hosea contracted marriage with her.

2. The unfaithful wife (ch. 2). Notwithstanding the wonderful condescension on the part of the prophet in contracting marriage with this woman, Gomer, the unfaithful wife, departs from him to consort with her former base lovers. This shows Israel's base ingratitude in their departure from God to go after idols. Sore chastisement fell upon her for her unfaith-

3. Illustration of Gomer, the unfaithful wife (ch. 3).

This illustrates God's undying love for Israel. The motive governing the prophet's act was love. God's love for Israel is just as real. His grace will yet move Him to take back that nation to Himself.

II. God's Love for Israel (Hosea 11:1-4, 8, 9).

1. Its beginning (v. 1). It began when Israel as a nation was in its childhood. God loved the nation even while in Egypt.

2. "Called my son out of Egypt" (v.

God called Israel out of the bondage of Egypt and brought them into Canaan, the land of freedom-flowing with milk and honey. Such love and favor placed Israel under peculiar obligation to God. 3. "Taught Ephraim to go" (v. 3).

In spite of Israel's backsliding (v. God is represented as teaching Israel how to walk, even as a father taking up his child in his arms. God watched over them as parents watch over their children by night,

4. "I drew with cords of a man (v.

Observe that His drawing was not with a stout rope as used with an unruly heifer (ch. 10:11), but a cord such as a man could bear. God's wonderful love in Christ should constrain us to obey and serve Him.

5. Took off the yoke from the jaws and placed food before them (v. 4). The figure is of a husbandman lifting the yoke from the oxen so that they could eat.

6. Unwillingness to give them up (vv. 8, 9). In spite of all Israel's sin, God was

unwilling to destroy them. III. God Pleads for Repentance (14:4-8).

Notwithstanding their awful sins, God urged Israel to turn unto Him. He is doing the same to backsliders to-He made promise unto them.

"I will heal their backslidings" (v. 4). This on the condition of frank and

full confession. 2. "I will love them freely (v. 4). This is characteristic of God. Only

God can express unmerited love. 3. "I will be as the dew to Israel" God will refresh the nation as dew

does the parched grass. 4. Growth promised (v. 5),

5. Beauty assured (v. 6). 6. Pleasant fragrance (v. 7). While this is a picture of the restored nation, something similar may

and come back to God.

Faithfulness Is All

be seen in the fragrant, fruitful lives

of men and women who have slaned

He who is faithful over a few things is lord of cities. It does not matter whether you preach in Westminster Abbey, or teach a ragged class, so you be faithful. The faithfulness is all .-George Macdonald.

## The Sane Christian

A safe auto driver keeps his hand on the wheel and his eye on the road. the Bible and his eye on God .- T. C.

# What's the Answer......

Questions No. 21

1-When was Lincoln's Gettysburg address delivered?

2-What Indian invented an alphabet for his people and to what tribe did he belong?

3-What is psychology? 4-What horse won the historic

Blue Grass stakes in 1926? 5-What American artist's portrait of his mother was purchased by a for-

eign government? 6-Which is the largest lake in the

Great basin? 7-What is the most famous book on fishing?

8-How long is the giant python and on what does it feed?

9-What is the salary of the vice president of the United States?

10-How many Christians in North America? 11-Who wrote the song, "Hail Columbia," and when was it first sung?

12-What President was born in

New Hampshire? 13-Who was Pythagoras?

14-Who won the Indianapolis peedway classic in 1926?

15-Who was the great female star f the latter Nineteenth and early Twentieth centuries, and what was her nationality and racial descent?

16-What city of the west coast is he farthest north? 17-How did Robert Burns earn a

living? 18-What is Venus' Flytrap and

where does it thrive? 19-Who is at present secretary of

agriculture and from what state does he come? 20-When was the American Bible

soclety organized? Answers No. 20

1-It includes all young animals that are born in the water.

2-C. L. Dodgson.

3-The Connecticut.

4-James M'Neil Whistler. 5-Gertrude Ederle in 1926.

6-In 1770.

7-In 1769. 8-Prof. W. C. Roentgen.

9-Seventy-five thousand dollars. 10-No. Members of the church are 'Roman Catholics." The word "cath-

olic" means universal. 11-Molly Pitcher.

12-Gen. Anthony Wayne.

13-Guglielmo Marconi,

14-Walter Hagen. 15-Charlotte Cushman.

16-Constantinople. 17-Sir Richard Burton,

18-It frequents the lagoons and wamps on many tropical coasts. 19-Secretary of state.

#### 20-11,588,000. Device to Measure Molten Metal's Heat

No thermometer could ever be expected to record the temperature of furnaces or of great masses of molten metal, although the development of science along these lines has made it very necessary to determine the degree of heat in furnaces and contained in masses of metal, such as huge steel billets and great cubes of

The discovery that two different kinds of metal welded together produced a current of electricity was the means of inventing a means whereby there can be determined the quantity of heat, no matter how intense. The current is measured by the voltage and certain temperatures produce certain values in electrical strength, and that is the way the amount of heat is measured in degrees of heat, and

this has been found to be accurate. The principle is applied in a device known as the radiation pyrometer. It can stand at a considerable distance from the furnace or mass of molten metal that is being tested and it will record the internal heat conditions accurately. It is an aid to better steel and fron products, and as the world progresses it will be recorded as one of the great agencies of man to enable him to delve into the mysteries of nature's laboratories. - Washington Star.

## The Poor Man's Sport

Track athletics, especially distance running, is the poor man's sport. He friend' what took one of them things needs only his shoes, his cheap running suit and a place to stretch a leg. Most distance men have no trainers. and must prepare themselves until they can make a reputation. They usually work hard all day, either in shops or at desks, and must perforce use their leisure for training.-Herbert Reed in the Outlook.

## Cause Injury to Trees

Gasoline and oil have been known to niure and cause the death of trees, if such substances come in contact with the bark, particularly in the case of the roots, says a writer in the Washington Star. The oil apparently penetrates to the cambium region, which is a particularly sensitive and actively growing tissue, injuring it beyond repair. It is not necessary that there be toxic substances in the mixture other than the oil and gasoline sporting chance,"



#### PUT IT THAT WAY

"How did you play today?" asked the wife of the world's worst golfer. "I'm terrible; Lgot 144," replied the husband sorrowfully.

"What does a good player like Bobby Jones go around in?" asked the wife.

"It's nothing for him to get a 72," was the reply. "Well, you shouldn't feel so blue. He ought to be twice as good as you,

hadn't he?" inquired the sweet

#### Marvelous Nature

Squire (who is missing pheasant eggs)-Where have you been getting your eggs lately, Brown?

Brown-From my hens, sir. Squire-But I hear you've been

hatching out pheasants. Brown-That's right, squire. Ain't nature wonderful - and puzzlin'? -Passing Show.

#### HIS COMEBACK



"It doesn't take very much to start an argument with you." "Well I wouldn't say that about you, but why did you start it."

#### Hymn of Hate A guy I hate Is Peter Nye.

To eat his pie. A New Way

Bill was discussing automobile ex-

periences with a friend. "Every time we have a breakdown I get my wife to keep saying, 'Auto, auto, auto," he said.

# "And what she says goes," Bill end-

Hub! "I'll be able to make a good Frenchman," remarked the sheik.

"Howcum?" asked his sheba.

"Yes?" put in his friend.

ed.-Punch.

"Well, kissing you boyish-looking flappers is so much like kissing regular boys, I'll be able to kiss men with-out batting an eye," he replied.

# LIKE FATHER, ETC.



She-That girl would undertake anything, I think. He-Her father's a funeral director,

you know.

To Date "Come kiss me, dear," she said to Dick.
"I love you well, I yow!"
He looked at the rouge two inches And said, "I will-and HOW!"

## They Don't Call It a Bath

Doctor-Sambo, I can think of but one thing that will cure you and that is an electric bath.

Sambo-Naw, sub, doctah, yo' ain't talkin' to dis here man. I had a down in Sing Sing an' it drowned

#### him!-Science and Invention. With Pleasure

Williams-Did you go to the doctor with your sprained ankle? Thomas-Yes; he looked at it and said "gout." And I did.

#### An Effective Substitute Flub-This paper says that we will

not send artillery to China to batter down thefr wall, Dubb-Good, I'm glad that this time the politicians are going to use their

Um

"Why does a girl marry a man when she knows he has not one redeeming feature?"

"The idea nowadays is to take s

# The BABY



Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and

keep them up half the night? If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of caster oil does so much

good. Fletcher's Castoria is purely vege table, so you may give it freely, at first sign of colic; or constipation; or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times, a few drops of Fletcher's Castoria.

The doctor often fells you to do just that; and always says Fletcher's. Other preparations may be just as pure, just as free from dangerous drugs, but why experiment? 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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# Optimist Points Out

Silver Lining to Cloud Barney Oldfield, the famous automobilist, said on disembarking at New York from his European tour:

"We are capturing more and more of the European automobile trade. In London, Parls, everywhere, you see thousands of American automobiles. Some people say that our trade is going to suffer in Europe now on account of hard times and so on, but for many reasons I don't accept that view. I'm an optimist

there. "The fact is, I'm an optimist everywhere. All things, I claim, have their

bright side. "Take, for instance, the old saying that few people practice what they preach. That is very sad, of course, but how much sadder it would be if we all preached what we practice!"

## Boy of Ten Busy Criminal

Police officials of New Brighton, N. Z., are searching for a ten-year-old boy, who was a model pupil during the daytime and a cracksman at night. After he was arrested and had confessed to 22 crimes, including 7 of breaking into and entering stores, he disappeared.

Knockout Imminent

Peaceful Old Lady-Will you two boys stop fighting if I give you ten cents each? The Stronger Boy-Make it a quarter for the winner, lady.

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