

**PROMPT REPAIR OF SHOES IS ECONOMY**



These Shoes Seemed Beyond Repair, but Were Made to Look Almost Like New.

(Prepared by the United States Department of Agriculture.)

Good care of shoes includes prompt repair. It is never true economy to wear down-at-the-heel, dilapidated shoes. Such shoes neither protect the feet nor properly support the body. What might be saved in leather may be paid eventually to foot specialists and doctors. The minute a seam begins to rip, the upper cracks through, a heel twists out of shape or runs down, or a hole wears through the outside, the shoe needs mending. If the necessary bit of repairing is put off the sole may be so badly worn that it is no longer worth mending, and from \$2 to \$5 will be lost by neglect. This is particularly true if the welt is worn away or the insole is worn through.

**Keep Heels Squared.** Heels should always be kept "squared up." When they begin to run down on one side both the shoes and the body are put under a strain. The shoes are soon permanently twisted out of their normal position

and shape, and the feet, ankles, and legs may be twisted also. Unless the leather or rubber lift on wooden heels is promptly replaced when it wears away, the covering of the wooden part is cut through and may have to be replaced, sometimes an expensive job because of the difficulty in matching the material in the rest of the shoe.

**Handy Repair Kit.**

Ripped seams in the uppers can frequently be stitched at home. A handy person, with the aid of a repair kit, can put on new heel lifts, rubber heels, half soles, and metal heel or toe plates without much difficulty. The equipment necessary for repairing shoes includes a last holder, three or four iron lasts of different sizes, a shoemaker's hammer, a pair of pliers, one or two leather knives, a leather rasp or file, awls, nails for soles and heels, wax shoe thread, bristles, and wax. These articles or made-up repair kits are sold by dealers in hardware or shoe findings and by some mail-order houses.

**PLAN TO MAKE JELLIED PEEL**

**Good Idea to Prepare Supply for Christmas Gifts.**

(Prepared by the United States Department of Agriculture.)

Within two or three weeks of Christmas plan to make some jellied peel for gifts. Grapefruit peel will yield the largest and most attractive pieces, but orange and lemon peel may also be used. Each has, of course, its characteristic flavor, and after using the peel you have the pulp left to be served as breakfast fruit or in salad. With a pound or two of sugar and the use of the cook-stove for an afternoon you can make any of these into a delicious confection. Keep a little on hand to use in place of citron in cakes, and to serve at holiday parties.

The method is the same with all three kinds of peel. Thick, soft, unblemished peel from smooth fruit is best, according to the bureau of home economics. Strip the peel from the fruit in even sections, including just as much of the white part as you can.



Making Jellied Grapefruit Peel.

Cut the peel into strips about a fourth or a half inch wide. Weigh it and allow two quarts of cold water for each ten ounces. Parboil the peel three times, half an hour each time, in this amount of water, to make it tender. Discard the water after each cooking. Handle the strips very gently at the last or you will break them.

The next step in the process consists of boiling the peel in a sirup until it is practically all absorbed. If you have ten ounces of peel, select a saucepan about eight inches in diameter, and put into it two cups of sugar, one cup of water, and one-half teaspoonful of salt. Bring this to a boil, and when the sugar is dissolved lay the strips parallel to each other in the saucepan, so they can be turned easily. Boil them rapidly for twenty minutes, then reduce the heat

Toward the end of the cooking the strips must be carefully turned from time to time, so that the sirup penetrates each piece equally. Cook until the sirup is all absorbed, from forty to sixty minutes or longer. Watch the pan constantly to prevent scorching.

Lift the strips out on waxed paper and cool. Roll in granulated sugar until there is a coating of distinct crystals, but not a heavy crust. Dry out for a few hours, then wrap in waxed paper and store in tightly covered tin or glass containers. If you leave the peel in paper boxes it tends to become hard and crusty in winter and sticky in summer. If properly stored in a moderately cool place it should keep in good condition two or three weeks.

**OYSTERS SUPPLY MANY MINERALS**

**Extremely Valuable as a Source of Organic Matter.**

(Prepared by the United States Department of Agriculture.)

You know, doubtless, that oysters are extremely valuable as a source of various minerals needed by the body. Like other fish they supply iodine, so should be eaten when possible if other sea foods are hard to get. Fresh oysters are now shipped in refrigerator cars all over the country, and canned oysters are also sold practically everywhere.

The secret of perfect fried oysters with an unbroken outer coating, says the bureau of home economics, is to let the oysters stand a while after dipping them in egg and bread crumbs, so that the coating will harden. Select large oysters for single fries. Drain them and look them over carefully for small pieces of shell. Have finely sifted stale bread crumbs seasoned with salt and pepper spread out on a platter. Dip the oysters first into a well-beaten egg to which one tablespoonful of cold water has been added, and roll them in the seasoned crumbs. Place the oysters on a pan or board and allow them to stand until the egg and bread coating has set.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the oysters in a wire basket, lower them into the fat slowly, and cook until golden brown. As the oysters are removed, put them on a paper to absorb the excess fat, and keep warm until all are prepared.

**Storing Butter**

If the summer supply of butter in the farm home is larger than is used by the family and the winter supply is less than is desirable, it is sometimes convenient to store the summer surplus for use in winter. To insure good keeping qualities in butter the United States Department of Agriculture has found it best to use pasteurized sweet cream. The cream should be churned at a low temperature and the butter washed so that it will be firm and wax.

**THE KITCHEN CABINET**

(© 1927, Western Newspaper Union.)

George Bernard Shaw says: "Do not waste your time on social questions. What is the matter with the poor is poverty. What is the matter with the rich is uselessness."

**GOOD THINGS TO EAT**

Here is another way of serving cauliflower: Cook a whole head in boiling salted water until tender. Take out and place carefully in a deep dish, sprinkle with buttered crumbs after pouring over a cupful of rich sour cream. Bake until the crumbs are brown.

**Tomato Sauce.**—One may prepare one's own sauce and can it for future use by using the following method: Fry out one tablespoonful of finely minced pork (salt) and fry in it one-half each of a small carrot and turnip finely cut, green pepper and a small onion, and a bit of hot red pepper. Cook for five or ten minutes. Add three quarts of tomatoes, fresh, ripe and unpeeled, cut into pieces; add two cloves, a sprig of parsley and a small piece of celery, cook all together for an hour, then put all through a sieve. Return to the heat and season with one and one-half teaspoonfuls of salt and one teaspoonful of sugar, with pepper and cayenne to taste. Boil up and can at once. When it is to be served one may thicken it with butter and flour cooked together.

**Lemon Prune Pie.**—Line a pie plate with pastry and bake in a hot oven. Mix two tablespoonfuls of cornstarch with one cupful of sugar and one cupful of water and cook twenty minutes in a double boiler. Add carefully, stirring constantly, two egg yolks, slightly beaten and cook until smooth. Remove from the fire and add four tablespoonfuls of lemon juice and the grated rind of one lemon. Line the baked pastry shell with prunes that have been cooked and the stones removed. When filling is poured over the prunes, top with a meringue made from the egg whites beaten stiff, adding six tablespoonfuls of sugar. Place in a slow oven to brown the meringue.

**Maraschino Sandwiches.**—Slice and butter Boston brown bread, spread with the following: Cream two small cheeses with a tablespoonful or two of cream, mix with two tablespoonfuls of chopped maraschino cherries and chopped nuts. Add a bit of the cherry cordial if the cheese seems too dry. Cut into any desired form.

**Ham With Sour Cream.**—Remove the skin from a slice of ham and let stand twenty-four hours in good vinegar. Drain and brown in hot fat, adding enough to cook the ham; add a little of the vinegar, a sliced onion, ten peppercorns, a chopped carrot, a teaspoonful of sugar and three tablespoonfuls of sour cream. Cook slowly two hours. Thicken the gravy with flour and add a little more sour cream.

**Chambré Salad Dressing.**—Blend one-half teaspoonful of salt with a dash of cayenne, one-fourth teaspoonful of white pepper, a teaspoonful of powdered sugar, one-fourth cupful of olive oil and one-fourth cupful of pineapple juice and orange juice. Shake or beat well until thick, adding a dash of lemon juice if the dressing is to be used on a vegetable salad.

**Hawaiian Dishes.**

Pineapple is one of the best liked fruits and lends itself so happily to many dishes. A slice of pineapple baked and served with a helping of baked ham is especially delightful. A sauce to serve with the ham may be prepared with the pineapple juice, a ham liquor and a bit of flour to thicken.

When the fresh pineapple is used with gelatin in desserts and salads, it is well to remember that the vegetable pepsin will digest the gelatin and more of it is needed to stiffen a dish.

Pineapple acts on the mucous membranes of the throat, healing inflamed areas.

**Pineapple Salad.**—Cut into small pieces the sliced canned pineapple and mix with almonds which have been blanched and allowed to stand for an hour in enough pineapple juice to cover. This not only softens the nuts, making them easier of digestion, but gives an added flavor to the nuts. Use two cupfuls of pineapple to one-half cupful of nuts, mix with a good mayonnaise, enriched with plenty of whipped cream. Serve on bread lettuce.

**Pineapple fritters** are a delightful treat, or may be used as desserts. Cut a slice of pineapple into thirds, drain and dip into fritter batter, fry in deep fat. Prepare a sauce by using the pineapple juice with a bit of butter and flour to thicken; cook until thick.

**Pineapple Glace.**—Cream one-half cupful of butter, adding one and one-half cupfuls of sugar. Add one well beaten egg, two and one-half cupfuls of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of salt and one cupful of cold water. Melt two tablespoonfuls of butter in an iron frying pan, add one cupful of brown sugar, stirring until smooth; spread with a can of shredded or sliced pineapple and pour over the batter. Bake in a hot oven 45 minutes. Serve with whipped cream.

*Nellie Maxwell*

**What's the Answer?**

**Questions No. 22**

- 1—What is verberna and has it any particular value?
- 2—In what state are the Shoshone falls?
- 3—What is the most popular patriotic song in France? Who wrote it?
- 4—What President was known as "Old Tippecanoe"?
- 5—Who was the first commander in chief of the Union army in the Civil war?
- 6—What is meant by rationalism?
- 7—Which team won the Army-Navy game last fall?
- 8—Who wrote "Little Lord Fauntleroy"?
- 9—How many justices are there in the United States Supreme court?
- 10—When was the Federal Council of the Churches of Christ in America established?
- 11—What distinguished American story writer is the wife of a physician and mother of physicians?
- 12—Where is the region set apart as the Yellowstone National park?
- 13—What portrait painter, the most distinguished produced by America, died in 1825?
- 14—Who was the most valuable player in the National league last year?
- 15—When was the Erie canal opened?
- 16—How many states seceded from the Union in 1860 and 1861 and what were they?
- 17—What is physics?
- 18—What is a viro and what is its particular virtue?
- 19—What is the salary of the chief justice of the United States?
- 20—When does the astronomical day begin?

**Answers No. 21**

- 1—On November 19, 1863.
- 2—Sequoyah, of the Cherokees.
- 3—That science that treats of the phenomena of the mind.
- 4—Bubbling Over.
- 5—Whistler's portrait of his mother was purchased by the French government and placed in the Luxembourg gallery at Paris.
- 6—Salt lake.
- 7—"The Compleat Angler" by Izaak Walton.
- 8—It has attained the length of 30 feet and feeds on mammals and birds.
- 9—Fifteen thousand dollars.
- 10—104,200,000.
- 11—Joseph Hopkinson, 1798.
- 12—Franklin Pierce.
- 13—A Greek scientist of the Sixth century, B. C.
- 14—Frank Lockhart.
- 15—Sarah Bernhardt; of French nationality and Jewish descent.
- 16—Seattle.
- 17—As an excelsman.
- 18—An interesting plant of the Sundew family which bears leaves serving as traps to capture insects. It is found in North and South Carolina.
- 19—William M. Jardine of Kansas.
- 20—May 8, 1816.

**Younger Indians Turn From Faith of Fathers**

Sixty or seventy years ago the Fox Indians of Iowa began the acquisition of the English alphabet from missionaries. They learned a method of writing their own language by means of the English alphabet, separating their words into syllables. Since there is only a rough conformity between the characters as employed by the Fox Indians and the actual sounds, it is necessary to restore the phonetics of any Fox text so that the symbols may correctly represent them. Dr. Truman Michelson, of the Smithsonian Institution's Bureau of American Ethnology, has been foremost in this work of collection and restoration.

Doctor Michelson, whose work has made him the foremost authority on the Fox Indians, describes their rituals as consisting mainly of eating, dancing and prayer. As is natural with a primitive people, their prayers invite material benefits such as long life, freedom from disease, that the chief's village should be strong enough to resist its enemies, and that no foe should even be permitted to gossip against the village.

According to Doctor Michelson, the younger generation now turn these once serious ceremonies into occasions for amusement. Up to some 15 years ago the tribe was so conservative as to resist education, but it has since grown progressive and all the young Indians are anxious to go to school. The tribe are good farmers and compete with the whites in the state agricultural fairs.

**Very Concrete**

"Oh, you Easterners can boast of your fine buildings and their splendid workmanship," said the Angeleno, "but out my way we are so careful what we put in a building that we even inspect every grain of sand." "Maybe so," retorted the Bostonian, "but here in the East our buildings go up so quick we have to use quicksand to mix with our cement before it solidifies. Otherwise the cement would be all up in the forms before the sand got in it."—Los Angeles Times.

**Improved Uniform International Sunday School Lesson**

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

**Lesson for November 20**

**MICAH CHAMPIONS THE OPPRESSED**

**LESSON TEXT.**—Micah, chs. 1, 2 and 3. **GOLDEN TEXT.**—What doth the Lord require of thee, but to do justly and to love mercy and to walk humbly with thy God.

**PRIMARY TOPIC.**—What God Wants Us to Do. **JUNIOR TOPIC.**—What God Requires of Us. **INTERMEDIATE AND SENIOR TOPIC.**—What God Requires of Us. **YOUNG PEOPLE AND ADULT TOPIC.**—The Prophetic Interpretation of Religion.

Micah prophesied during the reign of Jotham, Ahaz and Hezekiah, in Judah, but his message largely concerned Israel. He is called the prophet of the poor. He proclaimed impending doom upon the workers of unrighteousness and heralded the coming of the Messiah.

**I. Evil Workers Denounced (2:1-3).** 1. How they worked (v. 1). Their evil work was not a matter of impulse, but of deliberate purpose.

(1) It was conceived in their mind. They gave themselves to the devising of wicked schemes.

(2) They worked evil upon their beds. They used the quiet hours of the night while honest people were sleeping for planning ways to work out their schemes.

(3) They executed their plans in the morning light. Having power to carry out their schemes, they did what their wicked minds devised.

2. What they do (v. 2). (1) They covet fields (v. 2). In this they violated the tenth commandment.

(2) They violently take fields and houses.

A covetous spirit will eventuate in such deeds unless restrained. (3) They oppress a man and his house (v. 2).

By house is meant a man's descendants, the inheritors of his property. 3. Their punishment (v. 3). Against such evil does God devise a righteous retribution which will fall upon them with such weight as to humble them.

**II. Upon Whom Judgment Shall Fall (3:1-12).**

1. The unfaithful rulers (vv. 1-4). Because of love for the evil and hatred for the good the rulers mercilessly destroyed the people.

2. The false prophets (vv. 5-8). They served for hire. As long as supplied with food, they prophesied to please the people.

3. The judgment which is to fall (vv. 9-12).

Jerusalem was destroyed because of the sins of the people. Just as the righteous retribution fell then, we can be assured that there will be no escape from the coming judgment for those who destroy the people.

**III. God's Controversy (6:1-13)**

Wicked men may go on to a certain time with their schemes, but eventually the Lord's requirements shall be met.

1. The hills and the mountains called to bear witness against Israel (v. 2). The people had turned a deaf ear to God so that inanimate creation was called upon to witness against them.

2. The guilty party left to state the case (v. 3).

The King of the universe abdicates His rights and allows His sinning people to make charges against Him. 3. God recounts His mercies unto the people (vv. 4, 5).

Having paused for the charge and none having been brought, the Lord thrust home upon their conscience the memory of His great mercies.

(1) He brought them out of Egyptian bondage (v. 4).

He has done even more for us who were under bondage to sin and Satan. (2) Sent before them a trio of leaders (v. 4).

Moses, the lawgiver; Aaron, the high priest, and Miriam, the prophetess, were sent to bear witness.

(3) Turned Balak's curse into a blessing through Balaam (v. 5).

4. God's requirements (vv. 6-13).

(1) The great question, "Wherewith shall I come before the Lord?"

The Jews could not deny the charge brought against them by the Almighty.

(2) The complete answer (v. 8).

a. "To do justly." Strict equity was to characterize all their dealings with their fellowmen.

b. "To love mercy." The heart was to be diligently set to do good to our fellows.

c. "To walk humbly with thy God." This means to recognize that we are sinners before God, with no claim upon Him except His pardoning love.

**Spiritual Power**

Spiritual power is developed in action, just as muscles are developed. The more we try to help others, the more firmly shall we be established and the more we shall grow.—D. L. Marvin.

**To Regenerate the World**

The only way to regenerate the world is to do the duty which lies nearest to us and not to hunt after grand, far-fetched ones for ourselves.—Charles Kingsley.

**SICK WOMAN SOON RECOVERS**

**By Taking Lydia E. Pinkham's Vegetable Compound**



"A neighbor advised me to try Lydia E. Pinkham's Vegetable Compound, which she said had helped her so much. So I bought a few bottles and tried it out. It sure helped me wonderfully. I felt much better. My work was no longer a dread to me. If I hear of any one who is troubled the way I was, I will gladly recommend the Vegetable Compound to them and I will answer any letters in regard to the same."—Mrs. BERTHA MEACHAM, 1134 N. Penn. Ave., Lansing, Mich.

"I had been sickly ever since I was fifteen years old. After taking Lydia E. Pinkham's Vegetable Compound I got so I could do all my housework and I am in good health."—Mrs. MARY E. WILLIAMS, Ketchikan, Alaska.

From Michigan to Alaska, from Maine to Oregon and from Connecticut to California letters are continually being written by grateful women recommending Lydia E. Pinkham's Vegetable Compound.

The Compound is made from roots and herbs and for more than fifty years has been helping to restore run-down, over-worked women to health.

Are you on the Sunlit Road to Better Health?

The English laws punish vice; the Chinese laws do more—they reward virtue.—Goldsmith.



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.

**Children Cry for**



Ambition is like love, impatient both of delays and rivals.—Denham.

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