

MILK HABIT BEST FOR ANY CHILD

Other Essential Foods Also Should Be Given.

(Prepared by the United States Department of Agriculture.)

"Mother, can I have a glass of milk?" Very likely the child who stops his mid-morning play, or rushes in after school, if he is old enough to go to school, thinks of a glass of milk because he is thirsty. But he has the milk habit, and his mother, who thinks of milk as a good food for body-building, undoubtedly fills his glass without comment, and rejoices inwardly that the child wants it.

Children who have been accustomed to a normal amount of milk from babyhood like it and expect it several times a day, with their meals, and occasionally between them. Other essential foods should also be included in their diet, the bureau of home eco-



A Glass of Milk in the Midst of Morning Play.

nomics points out, particularly fresh fruits and vegetables, meat, eggs, whole-grain cereals, and butter or cream.

But with the milk habit firmly established, the mother can give more attention to cultivating a taste for these other foods that make up the best diet for the child.

Children reveal in their food habits the training they have had, or the lack of it. The child who has been trained to take milk as a matter of course has a big advantage over the one who has been allowed so say, and to make himself believe, "I don't like it." For milk is one of the best foods to supply him with calcium for building strong bones and good teeth, as well as other important substances. There are ways of getting milk into the diet even in such cases, through milk soups, puddings, flavored drinks, and so on, but the wise mother prevents this problem from arising by her sensible training while the child is young and passing from the bottle to the solid-food stage.

Delicious Sweet Bread to Serve With Coffee

Here's a delicious sweet bread to serve with coffee or afternoon tea, whether hot or iced, or, indeed, at any time. The bureau of home economics furnishes the recipe.

Coffee Cake.

2 cups flour
4 tablespoons butter
1/2 teaspoon salt
2 tablespoons sugar
1/2 cup milk

3 teaspoons baking powder
1/2 cup citron or other candied fruit cut in small pieces
1/2 cup seeded raisins, cut in small pieces

Sift together the dry ingredients, reserving two tablespoonfuls of the flour for the fruit. Cut in the butter and then add the milk and the fruit, which have been well mixed with the flour. Place the dough on a greased round or square pan and bake for 35 or 40 minutes in a medium oven. Mix together one-fourth cupful of finely chopped nuts, one teaspoonful cinnamon and two tablespoonfuls sugar. Butter the top of the cake and spread this mixture over the butter. Return to the oven and let it stay until the sugar has melted slightly.

Brown Betty Is Always Favorite With Family

Although the apple crop is not as large as usual this year, there is no reason why the family cannot be treated occasionally to one of its favorite desserts—"brown betty." The following directions for making it come from the bureau of home economics:

2 pints diced apples
1/2 cup bread crumbs (toasted until crisp)
1/2 cup sugar
1/2 cup butter (melted)

1/4 cup sugar
1/2 teaspoon ground cinnamon or nutmeg
3 tablespoonfuls melted butter
1/4 teaspoon salt

Select tart, well-flavored cooking apples, pare and dice. Break the bread into small pieces and dry it out in the oven until it is crisp and delicately browned. Butter a medium-sized baking dish and place in it a layer of bread crumbs, then a layer of apples, add some of the spice, sugar, and salt. Repeat until all the ingredients are used, saving sufficient crumbs for the top. Cover and cook until the apples are soft. Serve hot with plain or whipped cream, or hard sauce.

Baked Onions in Tomato Sauce Quite Delicious

When you are having an oven-cooked dinner you can utilize the heat to have a baked vegetable. The bureau of home economics gives the following suggestion:

6 medium sized onions
1 quart canned tomatoes
2 tablespoons sugar, if desired
1 bay leaf
2 teaspoons salt

1/2 teaspoon celery seed
2 cloves
2 tablespoonfuls flour
2 tablespoonfuls butter
Dash of pepper

Cook the tomatoes with the seasonings for ten minutes. Mix the flour and butter, add to the tomatoes, and mix well. Cut the onions in half and put them in a large casserole. Strain the tomato sauce over them, adding more salt if needed. Cover and cook until the onions are tender, about one hour. Serve from the dish in which cooked.



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A wholesome food, creative work, a mental interest in growing things, a close comradeship in the family life—all these things have conspired to keep farm folks clean of body and brain.

SEASONABLE IDEAS

When baking fruit cake use any favorite recipe and place in a round pan and bake for two hours between two heated radiators, heated twenty minutes. Open the cooker after the first fifteen minutes to allow the steam to escape. Fruit cake thus baked has something of the old brick oven flavor. This method may be used for wedding cakes or for any dough mixture that requires long slow baking.

Wedding Cake.—Take one cupful each of molasses, brown sugar, white sugar, coffee, butter, six eggs, one teaspoonful of soda, two pounds of raisins, one pound of currants, one-half pound of citron, one-half pound each of figs and dates, one pound of walnut meats, chopped; four cupfuls of flour, one-half ounce each of orange and lemon extract, one teaspoonful of cinnamon, one-half teaspoonful of cloves, nutmeg and allspice; two cupfuls of chopped apples, salt to taste. Mix well and steam three hours; bake one hour.

Old-Fashioned Pound Cake.—Cream one cupful of butter and add one and two-thirds cupfuls of granulated sugar, gradually beating well, then add five eggs, one at a time, beating vigorously after each addition. When the mixture is creamy fold in two cupfuls of pastry flour. Bake in a slow oven one hour.

White Fruit Cake.—Cream two-thirds of a cupful of butter until creamy, add gradually one and seven-eighths cupfuls of pastry flour, mixed with one-fourth teaspoonful of soda; then add one-half teaspoonful of lemon juice. Six egg whites beaten stiff are mixed with one and one-fourth cupfuls of powdered sugar, adding gradually. Combine mixtures and when thoroughly blended add two-thirds of a cupful of candied cherries, one-third of a cupful of blanched and shredded almonds, one-half cupful of sliced citron and one teaspoonful of almond extract. Turn into a cake pan and bake in a moderate oven for one hour.

Puddings and Things.

The old-fashioned English plum pudding has always been considered a treat; here is one:

English Plum Pudding.—Take one pound each of raisins and currants, one-half pound of shredded candied orange peel, using one-fourth of a pound of flour, or one cupful to flour the fruit. Add one-half pound of mixed nuts chopped fine. Add one-half of a grated nutmeg, three-fourths pound of bread crumbs and one pound of chopped suet. Beat five eggs without separating, until light. Add one-half pint of grape juice—mix well. Pack into well-greased steams, cover carefully and boil or steam ten hours. When done remove the covers and allow the pudding to cool. When it is cold the cover may be replaced, and when wanted, may be reheated by steaming for an hour. Serve with a hard or liquid sauce.

Vegetable Plum Pudding.—Take one pound of smooth mashed potatoes, one-half pound of carrots which have been boiled tender and mashed, one pound each of flour and currants three-fourths pound of brown sugar, one pound of raisins, two ounces of suet, one grated nutmeg, one-half teaspoonful of salt, and one egg. Mix well and put into a well-floured cloth, tie up, leaving space to swell and boil in a kettle of water for six hours. Spices of various kinds may be added besides the nutmeg, if liked. This is considered a fine pudding to serve either hot or cold and is more digestible than many others.

Ginger Creams.—Take one-half cupful each of butter and lard, one cupful of brown sugar, one cupful of New Orleans molasses, one cupful of boiling water, one and one-half teaspoonfuls of ginger, with one-half teaspoonful of soda and flour to mix not too stiff. When the spoon stands upright in the dough it is stiff enough. Mix at night and let stand in a cold place, then in the morning roll out about half an inch thick, cut and bake in a moderate oven. Spread with boiled frosting.

Peach Betty.—Crumb stale cake and put into a saucepan with butter, stir until well blended. Use one-half cupful of butter to three cupfuls of crumbs. Put a layer of crumbs in the baking dish, then a layer of peaches sliced, then a layer of sugar, a bit of orange peel or lemon peel. Bake one hour. Cover the dish during the first of the baking, then remove and brown. Serve with cream and sugar.

Dates, figs and prunes stuffed with chopped nuts and minced marshmallows make a fine confection.

When cooking rice, add plenty of boiling water to start with, then the grains will stand up and not cling together.

Work on Your Knees

A marble cutter, with chisel and hammer, was changing a stone into a statue. A preacher looking on said: "I wish I could deal such clanging blows on stony hearts." The workman made answer: "Maybe you could if you worked like me, upon your knees."

Just What Satan Likes

Nothing satisfies Satan like the sinner who is satisfied with himself.—Presbyterian Record.

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 December 18

REVIEW: THE EARLY PROPHETS OF ISRAEL

GOLDEN TEXT.—God, who at sundry times and in divers manners spake in times past to the fathers by the prophets, hath in these last days spoken by His Son.

PRIMARY TOPIC.—What We Have Learned This Quarter.

JUNIOR TOPIC.—Great Men and Great Teachings of the Quarter's Lesson.

INTERMEDIATE AND SENIOR TOPIC.—Lessons from the Early Prophets. **YOUNG PEOPLE AND ADULT TOPIC.**—The Mission of the Prophets.

The method of review must always be determined by the genius of the teacher, the aptitude of the pupils and the particular grade in the school. For the adult classes three methods are suggested.

I. Biographical.

During the quarter six great prophets have been under review, namely, Elijah, Elisha, Amos, Hosea, Haggai and Isaiah. Assignments of these characters to representative members of the class should be made the week before so that they may come prepared to present the vital characteristics of these men.

II. Application of the Prophetic Messages to Modern Life.

Assignments should be made the preceding Sunday so that the members of the class may come prepared to make application of the vital messages of the prophets to the affairs of modern life. The following questions may be considered as representative:

III. A Summary of Facts and Teachings.

Lesson for October 2. The basis of decision as between Baal and Jehovah was that the true God should answer by fire. The leading lesson is that accepted service is the supreme test, enabling men to choose between Christ and heathen gods.

Lesson for October 9. Elijah, who was brave before Baal's prophets, was frightened by Jezebel's threat and ran away. He failed at what had been his strong point.

Lesson for October 16. Ahab coveted Naboth's vineyard. Jezebel schemed to destroy Naboth so that Ahab's petulant desire might be gratified. Judgment fell upon both Ahab and Jezebel.

Lesson for October 23. A prophet is one who speaks forth God's message. When Isaiah had a vision of the Lord and was cleansed from sin, he was ready to go at the divine bidding.

Lesson for October 30. Amos was called from the humble occupation of a shepherd and tradesman to fill the prophetic office. God is not dependent upon any school or system of training for the supply of His workers.

Lesson for November 6. Though the nation had grievously sinned by worshipping idols, oppressing their fellow men and persecuting the prophets who spake against them, God invited them to return to Him.

Lesson for November 13. Israel's apostasy was illustrated by Hosea's unfaithful wife. In spite of their wickedness God loved them and pled with them to return unto Him.

Lesson for November 20. Isaiah pointed out the moral state of the people, exposing their ingratitude, stupidity, and habits of evil, and showed them that although God had severely chastised them, their case was not hopeless.

Lesson for December 4. Isaiah reminded Israel of God's peculiar favor under the figure of a favorite vineyard. He pointed out the sins which brought their ruin. The outstanding sins were oppression of the poor, drunkenness, proud self-conceit and perversion of justice.

Lesson for December 11. Through Isaiah's long ministry he was privileged to give counsel to several kings. Sometimes it was counsel of encouragement, sometimes of rebuke. To Ahaz he gave counsel of assurance, pointing to a day of deliverance and blessing through Immanuel. When Hezekiah faced the crisis of invasion by the Assyrians, he resorted to the house of the Lord and sent for Isaiah.

The Soul's Decay

A dying body is a calamity, but shall we therefore look with calmness upon a dying soul? His soul is dead who is without self-respect. The man who yields to the brute force of the majority, to the vicious power of ridicule, to the subtle strength of inertia, and turns his back to the ancient traditions of his group, that man's self-respect is deserting him; his soul is dying.—Dr. Norman Salter.

Personality

No term is so carelessly used as personality. One is accustomed to speak of this man or woman possessing a pleasing personality or a disagreeable personality, as if no individual possessed more than one. Occasionally it is true, unusual individuals are described as having dual personalities. What is unusual in such cases is not the number of the personalities, but the fact that they are so divergent, as in the case of Doctor Jekyll and Mr. Hyde.—Baltimore Sun.

What's the Answer?

Questions No. 26

- 1—Which is the loftiest peak in North America?
- 2—What was the name of Dewey's ship at Manila bay?
- 3—Who is called the "Father of Medicine"?
- 4—How much does it cost the average golfer per year for the sport?
- 5—How long have Yale and Harvard crews been meeting?
- 6—Who composed an immortal opera based upon the lives of poor actor folk?
- 7—Which are the two largest of the Philippine Islands?
- 8—Who founded the New York Herald?
- 9—How many senators are there in the United States senate?
- 10—What is the diameter of the sun?
- 11—What city is the chief seaport of Mexico?
- 12—What actor in America, whose roles ranged from Koko in "The Mikado" to "Richard III," attained to the highest rank in his profession and achieved a great reputation for the serious and intellectual quality of his work?
- 13—When did the United States win its last marathon in the Olympics?
- 14—How many tennis clubs and members has England?
- 15—What militia captain in the Black Hawk war later became President?
- 16—Who was Mercator?
- 17—What city is Germany's chief seaport?
- 18—Whose trial established the liberty of the press in America?
- 19—What is the ratio of representation which determines how many members there will be in the lower house of congress?
- 20—In astronomy, what is Mars?

Answers No. 25

- 1—About 100 miles.
- 2—Roger Williams.
- 3—The sling-shot.
- 4—Harry Hartz.
- 5—George Inness.
- 6—Lyon.
- 7—William Morris.
- 8—Boston News Letter—1704.
- 9—President of the senate.
- 10—2,162 miles.
- 11—Gen. Winfield Scott.
- 12—The so-called scap of certain crees and plants.
- 13—Charles Gorman of St. John's, N. B.
- 14—Mary Cassatt.
- 15—Indianapolis and Columbus.
- 16—Birmingham and Glasgow.
- 17—Percy Bysshe Shelley.
- 18—Pennsylvania Packet and Daily Advertiser—Philadelphia—1784.
- 19—Fifteen thousand dollars.
- 20—29 days, 12 hours, 44.05 minutes.

Traveler Sees Many Oddities in World

Standardization and deterritorialization go on the world over. Last summer in Avignon in the south of France under the shadow of the Palace of the Popes, in a restaurant that I had found admirable for 30 years—I had, indeed, years ago eaten there in the company of Frederic Mistral, the Provençal poet—there, in that sacred and august shadow I was offered Norwegian anchovies with the hors d'oeuvres and peche Melba made with California peaches out of a tin.

The Mediterranean that swarms with real anchovies was only 50 miles away, and Norway is 700 or so—and heaven alone knows how far it is from California to Avignon, whilst in the spring whole hillsides of Provence are nacreous pink with peach blossoms.

But the peaches go to London; and Norwegians and Californians go to Avignon to eat their home products, and I come to New York to eat Mediterranean anchovies. It is perhaps not a mad world, but it seems a pretty queer one sometimes.—Ford Madox Ford in Harper's Magazine.

And Caves Out of Cavities

"Spent three hours at the dentist's this morning, all on account of a slight imperfection in one tooth. How those fellows do magnify trifles."

"Make mountains out of molar, what!"

Heavy Loss

Mick—That's the old skinkflint that swindled me out of a \$50,000 fortune. Nick—How's that? Mick—Wouldn't let me marry his daughter.—Capper's Weekly.

His End of It

Player (complacently)—The other members here seem quite proud of me.

Caddie (not to be outdone)—Yus, you silus nabs the best caddie!—Humorist.

Thoughtful Woman

Grocer—Canned beans or in the bulk?

Mrs. Smith—In the bulk, please. The doctor told my husband he needed bulk in his food.

Adrift With Humor

SUPPORT

This amusing wedding incident is related: Among the attendant flower girls was the small niece of the bride. She loved her Aunt Frances and thought everything she did was just right. The minister had put the question, "Do you take this man to be your wedded husband?"

"I do," said the bride.

"I do, too, Aunt Frances," piped up the small flower girl, loyally.

Just to Oblige

A botanist had just discovered a new plant and asked his wife what he should call it. The lady was deep in a cross-word puzzle. "Call it Sprophan," said she.

"Why on earth should I do that?" he asked in amazement.

"Because that is the word I want to finish this puzzle," she replied.—

WHAT SHE MISSED



He—I never dreamed love was like this, did you?

She—No, I thought there were more theaters and candy in it.

Tough Luck

Jack (at resort)—I guess I'm out of ft. Now that I've bought the ring she refuses to give me her answer for a week.

Tom—Well, what of that?

Jack—Why, in order to stay here another week I'll have to hock the ring.—Boston Transcript.

His Opportunity

Visitor—I suppose your wife flattered in when you were broadcasting, Professor Fweety?

The Professor—She did, madam. And for the first time in nearly thirty years I had the pleasure of addressing her without interruption.

Try This!

Parker—I kicked my wife out of bed three times last night.

Watson—Ha, ha! That's a good joke on you!

Parker—No, the joke's on her—she thought I did it in my sleep!

COLD RESISTANCE



"Of all the creatures the polar bear can stand the most cold."

"Oh, no; the flapper can let him keep his fur coat and beat him at that!"

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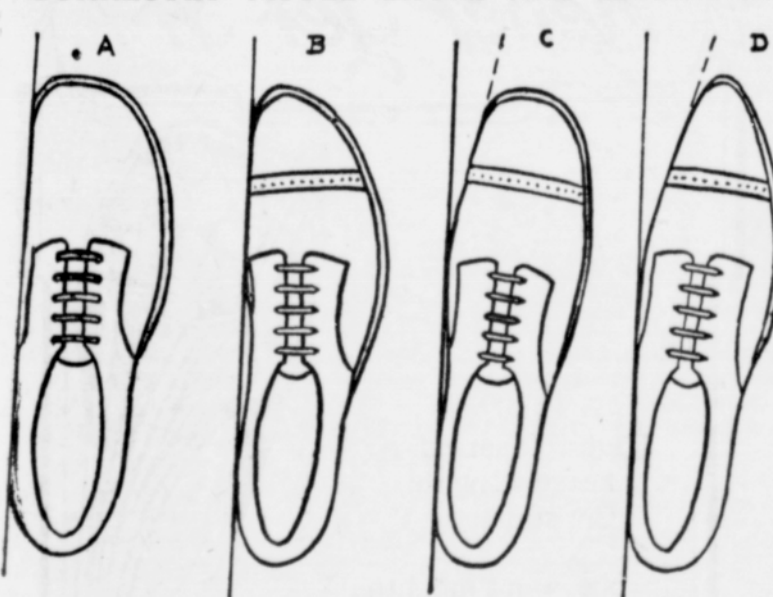
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Thoughtful Woman

Grocer—Canned beans or in the bulk?

Mrs. Smith—In the bulk, please. The doctor told my husband he needed bulk in his food.

CORRECTLY FITTED SHOES ARE ESSENTIAL



Shoes Made on Proper and Improper Lines—A and B, Satisfactory; Note the Straight Inner Line and Rounded Toe—C and D, Objectionable; Note the Curve Outward From the Naturally Straight Line of the Foot, Also the Pointed Toe, D.

(Prepared by the United States Department of Agriculture.)

When you visit a shoe store it is a help to know exactly what sort of shoe you ought to wear, and not to accept any other type. No one but yourself can tell how your foot feels inside of the shoe you try on. If new shoes are correctly fitted they will be comfortable from the start. They will not need "breaking in." A good salesman can help you because of his knowledge of his available stock in your size, but you are the final judge of the comfort of the shoe.

Fitting Shoes.

Shoes should always be fitted with the entire weight of the body on the feet, as the feet are then at their largest, says the United States Department of Agriculture. The "swing" or general direction of the shoe should be the same as that of the foot. It should not tend to twist the foot out of its normal position. The illustration shows shoes of correct and incorrect lines. Correct shoes have a straight inner line and rounded toe characteristic of the normal foot. Toes that slope away from this naturally straight inner line, and toes that are too pointed, are certain to distort the foot. The one-sided appearance of a worn shoe is usually due to an incorrect swing, which has

caused the ball of the foot to rest at one side of the shoe, rather than straight in the middle.

Shoes that fit correctly permit standing, walking, and quick turning in comfort and safety. A normal erect position of the body can be kept in such shoes without undue strain or discomfort. The feet, while snugly supported, are not cramped or crowded, and a firm full tread is possible. Much depends also on the height and shape of the heels, which should be moderate, and nearly as broad throughout as the heel-seat of the shoe, tapering but little.

Misfit Shoes.

Shoes that are too large are also a misfit. With too much play in the shoe the foot is not snugly supported. Blisters are often formed, especially on the heel, by the rubbing of the foot against the inside of a shoe that is too large. Incidentally, neglect of foot blisters may result in serious infection.

Aside from any consideration of health and comfort, shoes for young and old alike are easier on the family budget if of correct design and fit. Such shoes do not soon lose their original attractiveness and shape and they wear longer.