

Illinois Home Demonstration Agent Showing Care of Child.

It has been frequently remarked that the most valuable crop on any farm is, after all, its children, and rural mothers are more and more awake to the need of information on everything that has to do with the welfare of their children. How to feed a child properly at various ages, how to dress him, how to train him. how to watch his growth and correct faulty development-all these and many similar points are being constantly presented to extension workers as desirable subjects for home

demonstration groups to consider. The group in the photograph, which hanging on a rack in the corner.

ARTICHOKES ARE BAKED OR BOILED

In Food Value Tubers Are Quite Similar to Potato.

(Prepared by the United States Department of Agriculture.)

In many localities Jerusalem artichokes grow abundantly when once started in the garden. Their culture is like that of corn, and they are dug by hand. In food value the United States Department of Agriculture says they are similar to the potato. They, however, contain inulin, which is converted in the body into levulose or fruit sugar, and they are oftentimes recommended for diabetics. They have a delicious flavor of their own when properly cooked.

As these tubers are irregular in shape they are tedious to prepare for the table, as they must be scraped or pared. A better way is to scrub them well with a stiff brush and then bake or boil them in their skins.

When they have been baked, they may be served in their skins and eaten with butter, salt and pepper, or they may be scraped out, mashed, seasoned, and then served. Boiled Jerusalem artichokes are easily peeled after cooking. They may be served whole or sliced, with butter and seasoning. A little lemon juice or nutg is suggested by way of flavoring if liked. The boiled vegetable may also be served in cream or other well seasoned sauce. It may be baked in cream sauce with a sprinkling of grated cheese; or fried with choped leeks, celery tops, or parsley in a little butter, adding white sauce later, if de-

If the tubers are pared before boiling, they should be thinly sliced, very little water should be used, and it should be boiled down almost dry at the close. Small tubers may cook in 15 to 20 minutes. The flavor is much enhanced by cooking in milk or in a good meat broth.

Another way of cooking them after paring is to place them in a baking dish or casserole, either whole or sliced, cover closely and bake in a slow oven until done, or about onehalf to one hour. The cover of the baking dish may need to be removed toward the close to dry out excess moisture. Season with butter, salt. and pepper Add grated cheese or buttered crambs or both, when liked.

Left-Over Meat Served

in Guise of Beef Roll Left-over meat need not always reappear as hash or stew, croquettes or shepard's pie. The family will enjoy this new disguise for it, which has the merit of supplying all the starch needed for the meal in the form of biscuit, so with a green-leaf vegetable or a salad the main part of the meal is provided for. The suggestion is from the bureau of home economics.

2 cups chopped cooked meat 1/2 medium sized

celery tops % tsp. tabasco % cup flour onion. 2 tbs. fat
1 tbs. finely chopped Rich biscuit
parsley dough, made
1 cup broth or milk with 2 cups

flour Make a sauce of the flour, fat, and the milk or broth. Cook until thickened and then mix with the meat and seasonings. Roll the biscuit dough about one-half inch thick and long enough to make a roll of the right size to fit into the baking pan. Place the meat on the dough, and leave the dough uncovered about one inch from the sides. Then roll up the meat and dough, as you would a jelly roll, and place in a greased pan Bake in a slow oven until the crust is a golden brown. Tomato or any wellseasoned sauce should be served with the meat roll.

partment of Agriculture, in Illinois. pieces. is attending a demonstration on the management of infants, including The county home demonstration agent is showing how to weigh the baby demonstration with a talk on the right weight for different periods of growth. Preceding this part of the meeting, there has been a visit to the infants' clothing section, and suitable garments which have been selected are seen

Savory Meat on Toast

Most Delicious Dish preferably with scissors, and then cooked with savory flavors, combined served on toast. In a Chinese restaurant you would probably find this meat served with fried noodles or toast. The Japanese would use most of the same ingredients put tegether in a different way.

Savory Meat.

Ib. uncooked shredded lamb, beef, or pork cups celery tops 1 tsp. salt chopped fine or 2 2 tbs. flour cups chopped 1 tbs. shredded leaves onlong.

Shred the meat into small pieces with scissors. Brown it in its own fat in a frying pan, Add the celery tops, onion, and salt. Cover and cook for about ten minutes. Add the flour and butter mixed together, and the tomato juice, stir until thickened, and there is starchy flavor. Serve the savory meat on slices of delicately browned toast. Fried noodles or French fried onlons sprinkled over the top just before serving are an attractive addition.

Recipe for Kidney Stew With Savory Seasoning

Perhaps more people would enjoy kidneys and other "fancy meats," as the butcher calls them, if they knew how to cook them appetizingly. Here is a recipe for kidney stew with just enough added seasoning to make it extremely good. A beef kidney is called for, but other kidneys may be used if beef is not obtainable. The bureau of home economics supplies this recipe:

Kidney Stew.

beef kidney cup diced potato tbs. flour t tbs. flour % tsp. salt
tbs. chopped parsley 1 egg yolk

1 tbs. thinly sliced onion Few drops tabas.

Wash the kidney well, remove the skin, and most of the fat. Cover with cold water and heat it slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the wa-Then add more water and simmer the kidney until tender. Cut the kidney in small pieces. Cook the diced potato and onion and add to the cut kidney. Thicken the liquid with the blended flour and butter, and cook for a few minutes longer. Take the stew from the stove and stir in the beaten egg yolk, the parsley, and tabasco. The heat of the stew will cook the egg sufficiently.

Young Girl's Room

That little corner bedroom upstairs with the white dimity curtains can be made even more attractive by adding a fluffy pillow or two. Organdie makes a lovely pillow cover for a young girl's room. Use two shades of pink or other dainty color which harmonizes with the general color scheme and goes nicely with the wall paper. An oblong of the lighted organdie is stitched to the center and two rows of hemstitching trim the edges. Five organdie roses add a finishing touch.

Don't Scold

It is wrong to scold children or to discuss matters relating to discipline at the table. Any unpleasant emotions, such as crying or pouting, interfere so seriously with the digestion that it is harmful to the children, say nutrition experts of the National Dairy council, an organization promoting health and child welfare.



"One inch of joy surmounts of

Because to laugh is proper to the man."

VARIETY OF GOOD THINGS

When serving boiled fish cook it in cheese cloth well tied up and drop into boiling, slightly acidulated water. Serve with:

Drawn Butter Sauce .- Measure one-third of a cupful of butter. Melt one-half of

the butter, add three tablespoonfuls of flour, one-eighth of a teaspoonful of pepper, one-half teaspoonful of salt, pour on gradually one and one-half cupfuls of boiling water. Boil five minutes, remove from the fire and add (Prepared by the United States Department of Agriculture.) was taken by the United States De. the remainder of the butter in small

Spice Pudding .- Take one cupful of dried bread crumbs, add one pint of dressing them, weighing them, and hot milk, cover and let stand until the planning their feeding, using equip | milk is absorbed. Add one-fourth teament loaned by a department store. spoonful of salt, one-half cupful of molasses, one-quarter teaspoonful of cinnamon, one-eighth teaspoonful of correctly, and has accompanied the cloves, the same of nutmeg, mace, ginger and allspice. Add two-thirds of a cupful of raisins that have been steamed five minutes. Add one well beaten egg, mix well and turn into a greased pudding dish and bake nearly an hour in a moderate oven.

Fish Souffle.-Make a sauce of two cupfuls of scalded milk, one-eighth cupful of butter, the same of flour, one teaspoonful of salt, one-eighth teaspoonful of pepper, one-half cupful of soft bread crumbs and cook two min-Oriental cookery furnishes a sug- utes; remove from the fire, add two estion for preparing meat in a way cupfuls of shredded cooked fish, the hat is somewhat out of the ordinary, yolks of three eggs well beaten, and The raw meat is cut into thin shreds, one tablespoonful of finely chopped parsley; then fold in the well beaten whites. Turn into a buttered pudding so as to make a gravy, which can be dish and bake thirty minutes or more in a slow oven. Serve with:

Caper Sauce .- Divide one-third of a mutton.

each serving adds to its appearance the language of the original Aryans and flavor.

kind of cheese is good for lunch.

This and That in Foods. As game and wild fowl are in season, it is well to consider a few ways Famous for Ability



Wild duck, mud hens and wild goose as well as fish are often rather gamey in flavor. To remove some of this flavor there are many methods. To parboil with carrot, celery and a sliced onion is one of the best. Then drain and proceed with

the cooking in any way desirable, such as frying brown in butter or roasting in a hot oven. A young bird of any kind, after a little parboiling as above, will, if

brushed with butter and an onion and a few stalks of celery is placed inside, then browned in a brisk oven, be found especially appetizing. One housewife who was fortunate

enough to have some venison, more than ber small family could consume, prepared it for mincemeat, making an especially well-flavored mixture. Any game birds are good served

with sliced oranges as a salad. Serve them in overlapping slices, covered with a well-seasoned French dressing. Finely shredded cabbage, covered with cold water to crisp it, then well drained and covered with cream, sugar and a dash of vinegar, is another worth-while way of serving a salad.

Date, Apple, Onion Salad .- Take a slice or two of Spanish onlon finely diced, or chopped fine, add to a quart or less of finely diced apples and a cupful of minced dates. Season with salt and dress with any good boiled dressing. Serve on lettuce with a bit or parsley for garnishment. With the beautiful red apples hollowed out and filled with this mixture or with the Waldorf salad, which is celery, nuts and apples, one has not only a table decoration but a most appetizing

Eclipse Sauce.-Melt one tablespoonful of butter, add one of flour and when well blended add one cupful of water in which a cucumber has been cooked. Season with salt and cayenne and pour over a well-beaten egg; add a tablespoonful of lemon juice and reheat carefully. The chopped, stewed cucumber may be added, which makes this a delicious

Baked Potatoes.—Select even-sized potatoes and bake in a hot oven. When well done slash at right angles on the flat side and press up the potato, Drop a spoonful of butter in each and sprinkle with a dash of paprika.

Neceie Maxwell

What's the

Answers No. 27

1-Greater Antilles

2-Record of 4 min. 56 sec. is held by Enoch Taylor of Lowell, Mass., in 1896.

3-Seven, four in the American and three in the National.

4-Gen. George A. Custer.

5-Sol Smith Russell. 6-Aconcagua, in Argentina.

7-Benjamin Franklin.

8-Nineteen amendments. 9-It is fourth in order from the

sun, or the next beyond the earth. 10-William Rockhill Nelson.

11-Five. Three of the sun and two of the moon.

12-Any formula or confession of religious faith.

13-Any of the planets, Venus, Jupiter, Mars, Mercury, Saturn, when it precedes the sun in rising.

14-William Cullen Bryant, 15-Dunlap and Claypoole's Daily

Advertiser, Philadelphia. 16-From Panama to Cape Horn.

17-Buenos Aires. 18-Twenty-five years.

19-In 1896 by Frederick J. Goodrich, a sophomore at Harvard. 20-Gen. Joseph Wheeler.

Philology Tells Story of Long-Vanished Race

Somewhere, and so long ago that it is equally impossible to say when. there dwelt in Europe or Asia a most remarkable tribe of mankind, says a | Christ to be the Savior of the world writer in the Kansas City Times. The key verse is Mark 10:45, "The These people are not mentioned in | Son of Man came not to be minisany ancient history and no legend gives a hint of their existence. Not His life a ransom for many." The key even an authentic grave of one of its | words are, "straightway," "forthwith, members can be traced.

Yet this ante-legendary race has been raised from the dark past and displayed in its ancient shape until cupful of butter into two parts. Melt | modern historians know as much of French fried onions, or both, and a one-half the butter, add three table- it as of many peoples yet living. The little bowl of delicious flaky grains spoonfuls of flour, add seasoning of words spoken by that mysterious race, of rice would take the place of the salt and pepper, boil five to eight min. the gods it worshiped, the laws it utes until the starch in the flour is | made, the character of its industries thoroughly cooked, add the remaining and possessions, its family and politibutter in small pieces. Add one-half cal relations, even the conditions of cupful of capers drained from their its intellectual development and its liquor. This sauce is also good with racial characteristics, are all well known.

Corn Soup .- Rub one cupful of These people were the fathers of canned corn through a sieve. Put into the so-called Aryans, who in growing a saucepan two tablespoonfuls of but- numbers swelled beyond the boundater and when bubbling hot add two ries of their ancestral home and went tablespoonfuls of flour. Cook until forth to conquer and possess the smooth, then add slowly three cupfuls earth. Knowledge of this ancient of milk, and the corn, cook eight min- race has been brought about solely by utes and serve. A few kernels of workers in comparative philologyfreshly popped corn sprinkled over the study of words. Word by word has been exhumed from the descend-Cottage cheese, cream cheese, or any ent modern languages until, pleced together, they tell the story of a vanished people.

to Design Furniture

Important as an influence on furniture forms of Eighteenth century America was the work of the four Adam brothers of England, chiefly the work of Robert Adam, whose influence on the furniture of England from 1760 to 1780 was marked.

He was a man of means, a traveler, but he was not a cabinet maker. He never made a piece of furniture in his life, though it is on his furniture that his fame rests. When he designed a house he also designed the furniture to go in it, even going so far as to mark chalk spots on the floors to show where each piece of furniture was to stand. His designs were painstaking, exquisite in the spirit of antiquity, says Sarah Lockwood, author of "Antiques."

He drew his inspiration directly from ancient Pompell, uninfluenced by his trip through France. His furniture legs were straight, his lines were straight, his backs round or oval. His decoration was purely classic; he often employed the well known classic urn. Adam may have snubbed Chippendale, for not one trace of Adam's influence is found in the other's work. | death. -Exchange.

Islanders Evade Tax

Eddy island, off the coast of Galway, Ireland, is so close to shore that its few inhabitants can observe boats leaving the mainland and prepare an appropriate reception for visitors. Nobody on the island has paid anything toward the maintenance of the Galway county council for years, and the last time bailiffs landed the inhabttants repulsed them. Little possibility exists of seizing the cattle on the island as they are driven to almost inaccessible hiding places when bailiffs appear. The islanders owe the county about \$160,000 .- New York Times.

Various School Terms

The bureau of education says the nia; over 200 in Germany; over 200 Lord thy God are always upon it, in France; 202 in Czechoslovakia; 227 from the beginning of the year even in Hungary; 200 in Lithuania; 250 in unto the end of the year .- Deut. Denmark; 200 in Finland; from Oc 11:11-12. tober 1 to July 21 in Portugal, with six to eight weeks' vacation; from September 1 to May 30 in Latvia, with four weeks' vacation; from October 1 to June 15 in Spain.

Improved Uniform International

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

Lesson for January 1

JOHN THE BAPTIST AND JESUS

LESSON TEXT—Mark 1:1-13.
GOLDEN TEXT—He must increase,
but 1 must decrease.
PRIMARY TOPIC—John Tells About

JUNIOR TOPIC-John Welcomes and Baptizes Jesus.
INTERMEDIATE AND SENIOR TOP-ICS-John Prepares the Way for Jesus. YOUNG PEOPLE AND ADULT TOP-IC-John Heralds the Mighty One.

In order to understand the lessons for the first six months of the year it is necessary to grasp the central purpose of the Gospel according to Mark. In the Old Testament is set forth an august portrait of Jesus Christ. He is the Branch, the King (Jer. 23:5); the Branch, the Servant (Zech. 3:8); the Branch, the Man (Zech. 6:12);

the Branch of the Lord (Isa. 4:2). The fourfold account in the New Testament called the Gospels, placed alongside of the Old Testament predictions, fits exactly. Matthew pre sents Him as the King; Mark, the Servant of the Lord; Luke as the Kinsman Redeemer and John as the Son of God. The theme of Mark is the gospel of Jesus Christ, the Son of God (ch. 1:1). The word gospel means "good news." Jesus means "Savlor." Christ means "Anointed." It is good news therefore because it is the good tidings that God has anointed Jesus tered unto but to minister and to give

Who is Jesus Christ (1:1)? He is none other than God's Be-

II. The Forerunner of Jesus Christ (vv. 2-8).

1. Who he was (vv. 2,3). He was John, the Baptist, who was

prophesied of more than five hundred years before (Isa. 40:3). His mission was to prepare the way for Christ's coming. He represented himself as but a voice of one crying in the wilderness. He was therefore God's voice sounding forth the divine will and purpose. He was content to

2. John's message (vv. 3-8). (1). Prepare ye the way of the

Lord (v. 3). It was customary for servants to go before distinguished personages and prepare the road over which they were to travel. In this preparation there was to be removal of stones, ple should remove from their hearts won't expect me for an hour," everything which hindered the incoming of the Lord.

(2) The baptism of repentance

In preparation for the coming Christ S. P. C. A." the people were to repent of their Those who repented were to be blank cartridges." baptized. Baptism was to be administered to those who repented as an THE APPROPRIATE FORM expression of penitence which led to forgiveness of sin.

(3) The coming of the Messiah

(vv. 7, 8). The coming one was to be much greater than himself; so great that John was unworthy to loose the latches of His shoes. The superior dignity of Christ was not only in His person but in the work He was to perform. 3. His success (v. 5).

People from all over Judea and Jerusalem went out and were baptized. His food and dress indicated that be had withdrawn from the world as a protest against its follies and sins. III. The Baptism of Jesus Christ (vv. 9-11).

Jesus was not baptized because He had sinned and therefore needed repentance, but because He was now about to accomplish a work which would constitute the basis of all righteousness. He was now dedicating Himself to the task of bringing in righteousness through His sacrificial

(1) The opened heavens. This in dicated His connection with heaven. (2) The descent of the Spirit upon Him. This gave the divine seal to His work,

(3) The voice of approval from heaven. This made clear to John the fact that Jesus was the Messlah. IV. Jesus Christ Tempted by Satan

(vv. 12.13). This took place immediately after the heavenly recognition. This test ing was to demonstrate the reality of the incarnation. Because of this demonstration believers can be assured that the Son of God has become incorporated with humanity for the purpose of its salvation,

From Beginning to End

But the land, whither ye go to possess it, is a land of hills and valschool term extends over a period of leys, and drinketh water of the rain 180 days in Italy (exclusive of Sun of heaven; a land which the Lord days and holidays); 215 days in Estho- thy God careth for; the eyes of the

From God's Hand

Whatever comes from God's Land bears good fruit.-Fenelon,



FOOTING THE FORMALITY

After the elaborate ceremony the well-wishers were throwing the customary rice at the young couple. One excited guest buttonholed the bride's father and demanded, "Have you any old shoes?"

"Yes," replied the bill-footer, patiently, "but, sh-h-h! I'm wearing them."

Divine

Grandma-After dinner we will go to church or go riding, which do you prefer, dearle?

Little Helen-Just as you say, grandma. Grandma-All right, we'll go to

church. Little Helen (aside) -The world is growing better.

CLOSE RELATION



He-Do I know Hicks? I should say so. He's a very close relative of

She-I should say so. He's even closer than you are.

Married Man Knows When traffic lights show red, The thing to do is stop, I know-

The safest thing to do is go.

Knew Her A woman called at a department store to match a piece of goods. The clerk showed her the exact thing, but she demurred.

"I'll look around a little longer," the leveling of the surface, etc. John's she explained. "I told my husband message meant therefore that the peo- I'd be ready in ten minutes, so he

The Gentle Hunter

"I don't see how Hopkins can go off hunting and be a member of the "Well, you see, he invariably uses



Cholly-Deah me, I'm just devoted to cornmeal as a food. She-In the form of mush, I sup-

Provided Girls have a right to dress as they please, A maiden remarked with vigor.

ut some of them lack the nerve And some of them lack the figure. Store Sarcasm Floorwalker (to impatient customer

leaving)-Can't you get waited on, madame? Madame-No. I'm afraid I came at an unfortunate time, your salesladies are in conference.

Speed

Her Mother-Ferdinand is a very quiet dresser, is he not? Mrs. Gamesport-Not so very. But when he gets home at 2 a. m. he's the quietest undresser you ever heard of.

How Men Differ

Mrs. Fozzleton-My husband takes a day off from business now and then to play golf. Mrs. Bezzelton-Well, my husband

takes a day off from golf now and

then to attend to business. Safe on Wood

She (coyly)-Have you forgotten you asked me to marry you last night? He (thinking fast)-No, indeedbut you haven't forgotten you said you wouldn't, have you?