

Tea Wagon Made by New Jersey Housewife From the Backs of Two Folding Chairs That Were No Longer Fit for Service.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Unusually well arranged is this farm kitchen in Essex county, New Jersey. The modern sink with its double drain boards is placed sufficiently high for a medium tall woman. It has splendid light from the double window above and also from the window in the dining alcove, which is near enough to make meal getting a very simple problem, yet just enough removed from the activities of the kitchen to be pleasant. The useful tea wagon was made by the homemaker and her husband out of the backs of two folding chairs that were no longer fit for service. The stool on which one can sit while washing dishes is also homemade. The wooden rack saves the bottom of the sink from marks made by the dishpan. Other features that make this kitchen attractive to work in are the cretonne curtains over the sink, and the appliqued drapes in the alcove. The improvements in this kitchen were the result of advice given by the county home demonstration agent. The photograph was taken by the United States Department of Agriculture.

WHAT CHILDREN NEED FOR HEALTH

Many Essentials for Good Nutrition Must Be Present.

(Prepared by the Bureau of Home Economics United States Department of Agriculture.) Some of the nutritional and environmental needs of children were discussed in a talk recently given by Miriam Birdseye, extension specialist in nutrition, before the West Virginia State Nurses' association, Miss Birds-

eye said, in effect: "Adequate food must be provided for children. This means that essential foods must be raised on the farm or available at all seasons of the year in nearby markets. Chief of these are milk and other good-quality proteins, butterfat, whole-grain products, vegetables and fruits, and pure water. Foods must be selected to meet the needs of the body at different ages and to come within the reach of the family purse. They must be prepared and seasoned to meet the needs of different age groups, combined into appetizing meals and served at regular hours. Food habits must be wisely trained.

"Other essentials for good nutrition must be present. These are sunshine, sleep, rest, fresh air, happy work and play, freedom from overwork, normal emotional life, wise parental guidance, protection from illness. A glance at this list shows that agriculture, medicine, sanitation, nutrition, home economics, and psychology all have their contribution to make. Specialized service is needed from a number of agencies and on certain points several organizations can unite their efforts.'

Use Meat Thermometer for Rib Roasts of Beef

If the homemaker would use a meat theromometer when roasting beef she would get the same results each time she cooks, according to the bureau of home economics, United States Department of Agriculture. The thermometer is placed in the center of the thickest part of the roast, and when it records certain temperatures, the meat has cooked to the stage of rare, medium, or well done. When the family preference is for rare roast heef, the meat should be taken out of the oven when the thermometer reads between 130 and 150 degrees Fahrenheit. A medium roast is cooked to between 150 and 170 degrees Fahrenheit, and the meat is well done at about 180 degrees Fahrenheit. The element of guesswork is thus removed when a thermometer is used. 'Meat thermometers are made by several different manufacturers. They are not expensive. Specialists in meat cookery in the bureau of home economics have found that by their use in the laboratory they can cook hundreds of roasts and always have the results comparable. They recommend, therefore, that homemakers who wish to cook by exact methods should use the meat thermometer.

Care of Paint Brushes

Paint should never be allowed to dry on a brush, says the United States Department of Agriculture in Farmers' Bulletin 1452 on "Painting on the Farm." Nor is it advisable to keep paint brushes in water. When painting stops for more than an hour. the brushes should be kept in raw linseed oil. When painting is again resumed, as much oil as possible should be scraped or wiped from the brushes, after which the remainder should be thoroughly mixed with the paint by repeatedly filling the brush and scraping it against the inner edge

Chicken Stuffed With

Potatoes and Raisins A large fowl of too uncertain an age to be safely baked may be appetizingly prepared in the following way.

says the bureau of home economics: Plump fowl, weigh- 2 table spoons

or 5 medium-sized chopped onion to be potatoes 1 cup raisins, with- Flour

out seeds Butter 3 cups canned toma- Salt and pepper

Simmer a plump fewl weighing four to six pounds in a small quantity of salted water until tender. Remove it from the broth and set the fowl aside for stuffing. To the chicken broth add three cupfuls of canned tomato and two tablespoonfuls of finely chopped mild onion and let this sauce cook down. In the meantime prepare a stuffing for the chicken by cooking and mashing the potatoes and adding to them the raisins and enough milk to make the mixture like ordinary mashed potatoes. Stuff this while still hot into the body cavity and neck of celery stalks, a little out of the orthe fowl. Crowd in all the stuffing possible and do not mind if it protrudes somewhat. Pour a little melted butter over the chicken and put it in the oven to brown. Thicken the tomato sauce to the consistency of a gravy and add two or three tablespoonfuls of finely chopped parsley and green pepper if desired. When the chicken and the surface of the potato stuffing have become delicately brown put the chicken on a huge hot platter. Pour part of the sauce around it and serve at once.

Cherry Pie Can be Made During Winter Season

Cherry pie can be made in winter time if canned cherries are used. The bureau of home economics gives the following suggestions for making it: Bake an undercrust until it is dell-

cately browned. Be careful not to let this crust become too brown, however, or it will be overcooked when the ple is baked. Strain the juice off of the canned cherries. If they are unsweetened mix the needed quantity of sugar prebaked pie crust. Moisten the rim, hot. Serve at once. lay the top crust in place, and press the edges carefully together so that Cook in boiling salted water a dozen the juice will not leak out. Prick the uniform-sized onlons or larger ones top crust to allow the steam to escape. cut into halves and quarters. When Bake the ple for about 20 minutes in tender drain well and put half of a hot oven (450 degrees Fahrenheit), them in a buttered baking dish; pour

or until the upper crust is brown. For cherry tarts bake pastry shells on the outside of mustin pans, and fill with the fruit mixture. Serve at once, or to give an extra touch add a spoonful of whipped cream or cover with ually one cupful of seasoned chicken meringue made of a stiffly beaten white broth and one cupful of thin cream. of egg, one tablespoonful of sugar, a few grains of salt, and a drop or two sauce, spread one cupful of minced of vanilla. To brown the meringue. return the tart to a very slow oven for 15 to 20 minutes.

Cooking Artichokes

Jerusalem artichokes may be boiled in their skins and peeled afterwards or peeled beforehand. Only a small quantity of water should be used. Small tubers will cook in 15 to 20 minutes. They may then be served with melted butter with a few drops of onion juice, in cream, in white sauce, or in a savory tomato sauce; or they may be scalloped in a white sauce with grated cheese and crumbs on top. Pared and sliced Jerusalem artichokes may also be cooked in milk in a casserole or a double boiler, or they may be simmered in meat broth.



"Obliterate everything disagreeable from yesterday; start out with a clean sheet for today and write upon it, for sweet memory's sake, only those things that are lovely for a peaceful mind and a content-ed life."

HELPFUL HINTS

Cranberries, like rhubarb, can be canned in cold water which has been boiled. See that the berries are firm and whole

and seal air tight Jesus. Corks for thermos bottles which have become musty may be sunned and aired by letting them lie on the grass. The

be used at once wrap the cork in a little waxed paper. An old clock that has passed its usefulness as a time keeper is a good indicator in a sick room. Use to mark

the time for the taking of medicine. Reverse worn-out rubber gloves, using the left hand one inside out on

the right hand. Custard cups make fine molds for jellied salads. Serve topped with

salad dressing and whipped cream. Save and dry all celery tops. Rub them to a powder and put in a glass jar. Use this for seasoning soups, sauces and stuffings.

To freshen any salt fish put into water skin side up, so that the salt will fall to the bottom of the dish. Change the water a few times. Twelve lay His hand upon his daughter she hours is usually long enough to freshen salt mackerel. Honey that has candled in the jar

hot, not boiling, water. If overheated the delicate flavor of the honey is destroyed. Clean the piano keys with a cloth

moistened in alcohol. Rub dry with a clean cloth.

To remove marks made by hot dishes try this: Mix salad oil with salt and spread over the spot. Let stand for an hour or so and rub off. Always cook macaroni in rapidly boiling water, lightly salted. Cook

rice in the same way. Tea should be made with water freshly drawn and boiled. Rinse the pot with the boiling water and add the tea and boiling water. Let stand to draw five minutes, then serve at once.

The stains from water in bath and bowl may be removed by using a little muriatic acid rubbed over them. Rinse well as it will eat the enamel if left

Seasonable Good Things. A dainty way of serving stuffed

dinary is:



Knickerbocker Stuffed 26, cf. Luke 8:43). Celery. - Soften one cream cheese, add two twelve long years. tablespoonfuls of finely chopped ripe olives, one

around a plate with a heap of browned, salted nuts in the center.

Cranberry Cocktail.—Cut into halves one cupful of pineapple cubes, onehalf cupful of raisins, one-half cupful each of sugar and pineapple juice. experience she came to know Him as Mix thoroughly and let stand four hours in a cold place. More sugar may be added if liked sweeter. Serve in cocktail glasses.

Sausage With Spaghetti.-Prick a pound of link sausages, place in a frying pan and cover with boiling water. simmer until water is evaporated and sausages browned, Break a half with about one-half tablespoonful of pound of spaghetti into small pieces cornstarch for each pie, and cook this and cook in boiling salted water until with the cherry juice until it is thick- tender. Drain, rinse in cold water ened. Add one tablespoonful of but and combine the sausages with the ter and a few grains of salt, stir in spaghetti, add one can of temato soup the fruit, and put this filling into the diluted with hot water and heat until

Scalloped Onions, Italian Style .over the following sauce: Melt three tablespoonfuls of butter and four tablespoonfuls of flour. Add one-half teaspoonful of salt, pepper and paprika to taste. Blend and add grad-Cook until thick. Over the layer of ham, then the remainder of the onions. Sprinkle with grated cheese and set in a hot oven to brown.

Jellied Tomato Bouillon, - Take three cupfuls of tomato, two bouillon cubes, one onion, one bay leaf, one and one-half teaspoonfuls of parsley minced, and the same of celery leaves, three teaspoonfuls of gelatin, a few peppercorns, a sprig of thyme. Simmer the tomato, onion, bay leaf, celery and parsley with seasonings until soft, strain through a sieve. There should be three cupfuls of juice. Soften the gelatin in cold water to cover, add with the bouillon cubes, season to taste and pour into molds. Garnish

with chopped green pepper. Nellie Maxwell

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(By REV. P. S. FiTZWATER, D.D., Dean Moody Bible Institute of Chicago.) (©. 1928, Western Newspaper Union.)

Lesson for February 26 OTHER MIGHTY WORKS OF JESUS

LESSON TEXT-Mark 5:21-24; 35-43. GOLDEN TEXT-Thy faith hath made thee whole. PRIMARY TOPIC-Jesus the Great

Hero JUNIOR TOPIC-The Heroism of INTERMEDIATE AND SENIOR TOP--Jesus the Giver and Preserver of

YOUNG PEOPLE AND ADULT TOP-1C-The Works of Faith.

The accounts of the raising of the soll seems to absorb all odors. If to damsel and the healing of the woman are so interwoven as almost to constitute one narrative. But since the persons are diverse and places separate, they should be treated separately.

Jairus' Daughter Raised from the Dead (vv. 22-24 and 35-42).

Jairus' urgent mission (vv. 22,23). His only daughter (Luke 8:42), perhaps his only child, tay dying. In this time of utter helplessness he came to Jesus for he had faith in His ability to raise her up. In the providence of God, sorrow, sickness and death are often used to bring needy men and women into contact with Jesus. He showed the proper attitude toward Jesus, "He fell at His feet" (v. 22).

2. Jesus goes with Jairus (v. 24). Jairus believed that if Jesus would would live. Such faith always gets a response from Jesus.

3. News of his daughter's death or pail may be melted by placing in (v. 35).

The messenger who brought the news of her death suggested that Jesus should be excused from going further, as it was now too late.

4. Jairus' faith strengthened (v. 36). As soon as Jesus heard the words

spoken concerning the death of this girl, he said to the father, "Be not afraid, only believe." 5. The mourners rebuked (vv.

37-39).

He now dismissed the crowd and allowed only three of His disciples and the parents of the damsel to enter this chamber of death with Him. 6. Jairus' faith rewarded (vv. 41-43).

He took the damsel by the hand and issued the command for her to arise. The expression "Talitha cumi" in the Aaramaic seems to be freely expressed, "Wake up, little girl." She straightway arose and walked and partook of food.

II. The Woman With an Issue of Blood Healed (vv. 25-34).

1. Her helpless condition (vv. 25, She had been a great sufferer for

2. Her faith (vv. 27, 28). She possessed a real and earnest tablespoonful of pistachio faith. For a poor emaclated woman nuts chopped, a few after twelve years of suffering to press grains of cayenne and her way through a thronging multione-fourth teaspoonful of tude shows that she possessed a desalt. Take good deep termined purpose. The test of the acwhite stalks of celery tuality and quality of one's faith is and fill with the mixture. Arrange the activity which characterizes the life. Her faith was so strong that she believed contact with the Master's garments would secure the needed one cupful of fresh cranberries, add help. Though her faith was strong, it was imperfect. She only knew Him

as a wonder worker, but through this

a compassionate Savior. 3. Her healing (vv. 29-32). As soon as she touched the hem of His garment she experienced in her body His healing power. Jesus Himself was conscious of the outgoing of virtue, therefore inquired, "Who touched me " to which the disciples replied with amazement. "Thou seest the multitude thronging thee and sayest thou, "Who touched me?"

Her confession (v. 33; cf. Luke 8:47).

She thought secretly to get the blessing of healing, but Jesus perceived that virtue had gone out from Him and had her make a public con-

Jesus' words of encouragement

(v. 34). With the communication of His healing virtue, He spoke most graclous and comforting words to this poor woman, telling her that it was her faith, not her touch that had saved her. Faith does not need to face dangers and to exhaust itself in active endeavor in order to gain Christ's blessing. All that is required is a trusting prayer. Not only did she gain the blessing, but had the distinction of being the only woman on record as having been addressed by Jesus as "daughter," which shows His spirit of tenderness to those who come to Him with their needs.

Grace and Knowledge Grace is given of God, but knowledge is bought in the market .-

Epitaph for the Sinner Yes, every sin is a mistake, and the epitaph for the sinner is, "Thou fool" -Alexander Maclaren.

God Is the Lender

Of all created comforts God is the ender: you are the borrower, not the owner.-Rutherford.

Improved Uniform International

NOT GUILTY

He was a stage aspirant, and had contrived to gain an introduction to a well-known manager, who agreed to fix a date for a trial. This duly came off, and expectantly the aspirant awaited the verdict.

"What do you think of it?" he asked, after a deep silence.

"Well," replied the manager, slowly, "all I can say is that if ever you are put in prison for acting it will be a grave miscarriage of justice."

"Choate Did"

One of the stories about Joseph Choate, which is being retold with the passing of Charles F. Choate, runs something like this:

"I have never smoked a cigar in my life," said the first Mr. Choate. "I never play poker and I never saw a horse race.'

Up spoke Senator Walcott of Colorado, "I wish I could say that!"
"You can; Choate did," piped up Speaker of the House Reed.

TOO NOISY FOR HIM



She-I never see you smoke a cigar with a band. He-No, that would be too noisy for

Paradox It's surely queer, Yet oft' we've heard folk tell Of getting sick

Because they lived too well. Clever Work

"Slick! Why, one night at a dance they stole my trousers and hung weights on my suspenders so I shouldn't miss them until they had

"Are there any slick crooks in this

Forced Landing

"Confound it," cried a passenger who had been tumbled to the pavement. "Can't you wait till I get off?" "Huh!" returned the street car motorman. "If you ain't off now, you never will be."

LOSING COLOR



Mother-Don't you think Mary is losing color?

Dad (grimly)-Yes; every time she has a caller I notice the loss.

Disappointment

How many perils men have braved To learn that pleasures flit!

Joking the Joke

"I'm thinking of going to Palm Beach for the winter." "That will cost you a lot."

"No; only a little gray matterthinking about it." "Even so, can you spare it?"

A Financial Mystery "My wife has queer ideas." "As for example?"

"Well, she can't understand why a bank is so much fussier about her owing it than a department store is."

Real Revelation Modernist-In this painting, be-

loved, I have laid bare my innermost soul.

Flancee (thoughtfully)-Tell, me. Klodmir, don't you think we'd better break off our engagement?-Fliegende

Test of Loyalty

Molly-Are you sure that Fred loves you and you alone? Kathleen-Oh, yes; more then than at any other time.

SICK WOMAN SOON RECOVERS

By Taking Lydia E. Pinkham's Vegetable Compound



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 letters in regard to the same."-MRS. BERTHA MEACHAN, 1134 N. Penn.

Mas. Bertha Meachan, 1134 N. Fenn. 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."—Mas. Marie K. Williams, Ketchikan, Alaska.

From Michigan to Alaska, from Maine

Oregon and from Connecticut to California letters are continually being written by grateful women recom-mending 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?

Mellon Family Richest

The Mellon family is probably the richest in America, with the Ford. Rockefeller and Baker families following in the order given. This is the conclusion of a writer in the Boston News Bureau, a financial newspaper, who says that based on actual value of securities and asset values of other property owned, the Mellon famfly heads the list. The 4,390,716 shares of Gulf Oil company stock held by the Mellons is cited as one reasen. And this is only one of the big industries in which the Mellon family is interested.

Term Was Correct

Jerome-That's my late wife. Rod-I didn't know you were di-

vorced. Jerome-I'm not, but look at my watch.

To Cure a Cold in one Day Take Laxative BROMO QUININE Tab-lets. The Safe and Proven Remedy. Look for signature of E. W. Grove on the box. 30c.—Adv.

The best way to keep that umbrella is never to lend it.

You can't stretch your word far without breaking it.

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 castor oil does so much good.

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic; or constipation; or diarnhea. 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 tells 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!





FLORESTON SHAMPOO-Idea: for use in connection with Parker's Hair Resam. Makes the hair soft and fluffy. 60 cents by mail or at druggists. Hiscox Chemical Works, Patchogne, N. Y.