#### SALADS FROM VEGETABLES AND FRUITS



Salads Made With Cabbage.

The habit of including salad frequently in the family diet has been increasing steadily during recent years, as is shown by the enormous increase in the amount of lettuce produced and sold. Because of their facilities for storing and handling perishable foods, city markets carry lettuce and other salad materials the year round. The family living in the country, however, except in the Far South, cannot get fresh green vegetables such as lettuce after the growing season is over, and so it often happens that salads are omitted from the menus during the winter months. This means a reduction in the amount of vitamine-rich food

balance in diet. Home demonstration agents have therefore made a point of showing rural homemakers, as in this group from New Hampshire, how salads can be made from such ingredients as cabbage, carrots, apples, and other vegetables and fruits that are easily stored and transported in the country and that are valuable when eaten raw in the form of salad. The recipes below are furnished by the bureau of home economics.

being served, and consequent lack of

#### Cabbage Salad.

Chop 3 to 4 cups of either white, green, or curly cabbage very fine. Combine it with a dressing made as follows: Beat one-half pint of thick whipping cream until stiff; add 41/2 tablespoonfuls of lemon juice, 2 radish, a grating of onion, a few drops as cold slaw, chill after the dressing tablespoonfuls of fresh grated horseof tabasco, and salt to taste. These

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) seasonings may be changed accord ing to individual taste, but one must be sure there is enough dressing in proportion to the cabbage. A dast of cayenne pepper may be used if you do not have tabasco. If the horse radish is in vinegar use only 2 table spoonfuls of lemon. Combine the dressing with the chopped cabbage Serve on a cabbage leaf or in a hol lowed out head of curly cabbage. Or place a slice of canned pineapple on a cabbage leaf or lettuce leaf, and on that spread a thick covering of the salad. Grated cheese may be added

#### Cabbage Slaw.

Select a small hard head of cab bage, cut in quarters and wash thor oughly in cold water. Drain, wipe dry, and shred with a sharp knife Put in a cloth on ice or in a cold place until crisp. Pour hot dress ing over the crisped cabbage and stir until well mixed. Serve hot or cold A cupful of cut celery may be added or 1/2 cupful of finely shredded green pepper, or 1 cupful of thinly sliced tart apple.

#### Dressing for Slaw.

½ tsp. salt ¼ tsp. mustard 1-16 tsp. celery 2 eggs. 4 cup water 4 cup vinegar 1 or 2 tbs. sugar seed or 2 tbs. butter

Beat the eggs, add all the ingredi ents except the butter, and cook in a double boiler until thickened. Stir constantly and just before removing from the tire add the butter. Pour over the cabbage while hot. If served is added.

COOKING JERUSALEM

ARTICHOKES TASTILY

May Be Served for Family

in Many Various Ways.

United States Department of Agriculture.) Fried Jerusalem artichokes may be

compared to potato chips, and many people like them better. The arti

chokes should be pared, sliced very

thin, and soaked for 30 minutes in

cold water. After drying them be

tween towels, drop them into very hor

oil or lard (400 degrees F.) and fry

to a crisp chip. Lift out, drain well

A very good, quickly prepared cream soup can be made from Jeru

salem artichokes. Heat 4 cupfuls of

milk in a double boiler, and thicker

with 1 tenspoonful of flour blender

with 2 tablespoonfuls of butter. Ade

2 cupfuls of grated raw artichokes

14 teaspoonfuls of salt, 1/2 teaspoon

ful grated onion, and 1/2 teaspoonfu

chopped parsley. Heat for five min

Boiled Jerusalem artichokes may be

served in various ways. A puree may

be made from them just as puree of

potato is made, by rubbing the cooker

artichokes through a strainer and add

ing milk or broth. A suggestion of

onion flavor in the seasoning would

Uncooked Jerusalem artichokes are

also used. The tubers have a fresh

crisp texture, and when thinly sliced

are excellent in salads. They resem

ble Chinese water chestnuts in flavor

and could doubtless be used in such

dishes as chop suey and chow mein

The bureau of home economics sug

gests that in using them for salads

they should be sliced thin or diced

after paring, and then used on lettuce

as part of a vegetable salad composed

of any preferred combination of avail-

able raw vegetables, such as tomatoes.

cucumbers, onlons, peppers, or rad-

ishes. French dressing is recom-

in a shallow baking dish; fill the cen-

chopped nuts. Sprinkle with sugar,

dots of butter and a dash of cinna

mon. Cover bottom of pan with wa-

be acceptable to many persons.

utes and serve.

mended.

if not peeled.

and place on absorbent paper.

(Prepared by the Bureau of Home Econo United States Department

#### DELICIOUS DISH FOR LUNCHEON OR TEA

#### Cream Cheese With Toast and Jam Is Easily Made.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Cream cheese with toast and preserves is a delicious and easily made luncheon or supper dish, and it will answer the purpose when light refreshments are wanted for an afternoon or evening party. The custom of eating something sweet with cream cheese probably originated in France, where a special kind of cheese known as "Gervais" is served with the famous "bar-le-duc" preserves.

The United States Department of Agriculture has a bulletin on making cream cheese of the Neufchatel type, similar to Gervais, and many stores now carry cream cheese either in small separate packages or by the pound. Cottage cheese may be used



Pineapple Jam With Apricot and Cheese.

instead of cream cheese, if more convenient. The recipe for the preserves, which can be made at practically any season of the year, from materials available in the grocery store, comes from the bureau of home economics:

#### Dried Apricot and Pineapple Preserves.

1 pound dried apricots, soaked over night 2 No. 3 cans pineapple apple 3% cups of sugar apple 3% cups of sugar

Wash the apricots thoroughly, then soak overnight in 1 pint of water. In the morning chop the apricots and add 1 cupful of the sugar. Drain the plneapple and cut 4t into very small pieces, and cook with the remaining 2% cupfuls of sugar for 20 minutes. Add the apricots, and cook for 25 minutes. Watch carefully to prevent the apricots from scorching. The pineapple holds its shape, but the apriconsistency of thick jam. The ter and bake 30 minutes. For a this world and turns his face to his amounts given make a little over three pints.

Improved Uniform International

# esson

#### Lesson for March 25

REVIEW-JESUS PROCLAIMS THE KINGDOM OF GOD

GOLDEN TEXT-And Jesus went bout all the cities and villages, teach-ng in their synagogues and preaching he gospel of the Kingdom, and heal-

g their sickness and every disease. PRIMARY TOPIC—Stories About Je-JUNIOR TOPIC - Mark's Stories About Jesus.
INTERMEDIATE AND SENIOR TOP-

IC-How Jesus Began His Work.
YOUNG PEOPLE AND ADULT TOP-

IC-The Early Ministry of Jesus.

The method of review must always be determined by the genius of the teacher, the grade of the school, and the aptitude of the pupil. For the senior and adult classes perhaps the most profitable method will be to summarize the facts of each lesson and to study the main teaching thereof. Since the great personality around which all the facts and teachings of the quarter gather is Jesus Christ, it ought not to be difficult to plan a review. Whatever plan is used, the teacher should have the matter thought out and assignment made to the different scholars a week ahead of time. The following suggestions

Lesson for January 1. John the Baptist came in fulfillment of Isaiah's prophecy announcing the advent of the Messiah. The leading lesson is that Jesus is the Messiah, the Son of God, as witnessed by John the Baptist and the Voice from the open

heavens. Lesson for January 8. Jesus taught with authority and demonstrated it by conquering demons, healing a fever, and cleansing a leper. Jesus Christ s able to save unto the uttermost, to deliver from all kinds of sickness and satanic powers.

Lesson for January 15. Jesus freely gave Himself to the task of healing the diseases of the people and forgiving their sins, and the leading lesson is that Jesus has not only power to heal the diseases of the body but to forgive sin, which is the cause of dis-

Lesson for January 22, Jesus lived His life in conformity with God's law. Conflict with the Jews over the matter of Christ's disregard of their laws of fasting and the Sabbath was due either to their failure to understand God's law or to its perversion. Human welfare can be realized only through conformity to God's law.

Lesson for January 29. With the novel, increase of the fame of Jesus came increase of opposition. In spite of the quired her aunt. "Surely it is not in opposition by His enemies He con- the school library?" tinued His mighty works in casting

in need. Lesson for February 5. Jesus was misunderstood by His friends, His family and fellow townsmen, and violently opposed by the scribes and A spiritual nature is necessary in order to understand Lesson for February 12. Jesus

showed Himself the master teacher in picturing truth concerning His kingdom so as to conceal the truth from those who were not in sympathy with Him and by interpretation to be understood by His disciples. Lesson for February 19. Jesus'

deity was manifested in calming the storm-tossed sea and in healing the demoniac. Because of what Jesus is we should confide in Him.

Lesson for February 26. Jesus raised from the dead Jairus' daughter and healed the woman who had been afflicted for twelve years. Only a divine being could raise the dead. Lesson for March 4. Jesus called twelve men and sent them forth to

preach the gospel of the kingdom. Those sent forth were furnished with power to heal diseases, Lesson for March 11. Christ had compassion upon the multitudes and created food to supply their hunger. Our small gifts and possessions, when

placed at the Lord's disposal, are sufficient for any need. Lesson for March 18. Christ denounced the empty forms and traditions of the Pharisees and showed that defilement can only come from the heart.

#### Eternal Thoughts

The thoughts of God are eternal thoughts. They are independent of time, independent of worlds. You set your life today into the doing of the will of God. After you have set your life into that life, it need never be leaves mixed with watercress, or used changed. Let change come, let death come, we pass on still doing God's business for ever and for ever .- Alexander MacKenzie.

#### The Lord's Aid

I tried to build without the Lord, and lo! a tumbled pile of bricks upon the ground! I turned, and built with Wash and core cooking apples as the Lord, and lo! the walls rise fair perfect as you can get. Place them and eternity is their foundation .-Amos R. Wells. ters with sugar, spice, seeded raisins,

### Finding the Sunny Side

He who climbs above the cares of school tunch they will carry better God has found the sunny side of life. Irritation. .-C. H. Spurgeon.



#### HITTING THE LOW SPOTS

Hemmandhaw-Do you travel much in that old flivver of yours?

Shimmerpate-From coast to coast. Hemmandhaw - Goodness! Have you really gone from Maine to California in that boat?

Shimmerpate-Oh, no. 1 mean I coast down one hill and then tow it up another one and then coast again.

#### IN THE DUMPS



Wifey-Why did you bring me to this dump?

Hubby-Well, you're in the dumps so often, I thought you'd feel at home

#### Strange

It really almost makes me smile
So wonderful the treat,
To see an athlete run a mile
And only move two feet.

Just That A woman came before a pension committee and stated that she was seeking her "eternity" benefit. "Your what, madam?" queried the

"My 'eternity' benefit," she reaf-

"My dear woman, 'eternity' means your 'hereafter.' " "Yes, sir; that's what I'm here after."

#### Mature Solicitude

A flapper, aged fifteen, made a remark the other day in the presence of her aunt which showed that she had buy some," read a certain outspoken modern "And where did you get it?" in-

"Good gracious, no!" exclaimed the

out demons and ministering to those flapper. "Why, the kids have access to that!"

#### A Cold Trail

Mrs. Mose—Whar yo' been loafin' all mawnin'?

Mrs. Mose-Work, huh? Yo' curiosity's gwine t' git yo' inter trouble yet.—Capper's Weekly.

#### ALMOST NO COLLEGE



Despairing Parent-What's wrong with modern college life anyhow? Wise Friend-Just too much life.

#### The Novice's Trouble

And when I try the new
My partners every one complain
I kick them black and blue.

#### Exactly

"Your wife is very systematic, isn't

she?" "Yes, very. She works on the theory that you can find whatever you want when you don't want it by looking where it wouldn't be if you did

#### Fair Enough

Father (sternly)-What reason has young Wilson for staying here so late when he calls?

Daughter (demurely)-Me, father.

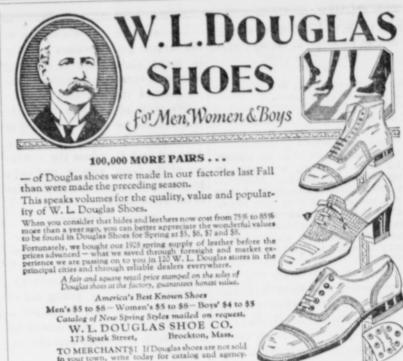
#### A Poor Excuse-Housewife-Why, Mary! What do

you mean by looking through the key-Maid-Well, I-er-er-er-was dusting, and I thought I'd look and

see if there was any cobwebs in it

#### Misguided Jest

"I put some comedy relief in the play," explained the author. "That wasn't a relief. That was an



#### Actor Would Do Any Stunt for Publicity

"I want to get a piece about my employer in your paper," said the personal representative of the great

movie actor.
"No," said the editor, resistingly. "But lissen, he's just signed a \$5,-000,000 contract. His next super-picture will cost \$10,000,000. Every day he autographs 3,461 pictures for the fans. Six private secretaries do nothing but answer his mash notes. He's gonna put in a jeweled bath in his \$3,000,000 home that'll cost \$136,-478. He's married and divorced once a year. Just now he's suing his fourth wife and naming her fifth husband, who married his second wife, as co-respondent. Good stuff, eh?"

"Did he ever bite a dog?" asked the

editor, weariedly.
"No-" said the personal representative of the great movie actor, "but he will."

#### Better Light, Better Work

Tests have been made in England recently to determine the effect of various degrees of artificial lighting on the accuracy and speed of the individual. Typesetting by hand was the work chosen, and in order to avoid week-end conditions the tests were made in the middle of the week. It was found that the output steadily increased as the intensity of artificial illumination increased. The total errors and the percentage of inverted letters decreased.

#### Useless Needs

"As I really hadn't a chemise to wear, mother gave me 50 francs to "Yes, and so-" "So I bought a hat."-Paris Le Rire.

#### Spelled "I"

Jean-You are mistaken about Doc tor Real. He's not an eye specialist. Marion-I said "I" specialist.

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