

SALADS FROM VEGETABLES AND FRUITS



Salads Made With Cabbage.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) The habit of including salad frequently in the family diet has been increasing steadily during recent years...

seasonings may be changed according to individual taste, but one must be sure there is enough dressing in proportion to the cabbage.

Cabbage Salad.

Select a small hard head of cabbage, cut in quarters and wash thoroughly in cold water.

Dressing for Salad.

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

Cabbage Salad.

Chop 3 to 4 cups of either white, green, or curly cabbage very fine. Combine it with a dressing made as follows:

COOKING JERUSALEM ARTICHOKE TASTILY

May Be Served for Family in Many Various Ways.

(Prepared by the Bureau of Home Economics, United States Department of Agriculture.) Fried Jerusalem artichokes may be compared to potato chips, and many people like them better.

A very good, quickly prepared cream soup can be made from Jerusalem artichokes.

Boiled Jerusalem artichokes may be served in various ways. A puree may be made from them just as puree of potato is made.

Uncooked Jerusalem artichokes are also used. The tubers have a fresh crisp texture, and when thinly sliced are excellent in salads.

Baked Apples

Wash and core cooking apples as perfect as you can get. Place them in a shallow baking dish; fill the centers with sugar, spice, seeded raisins, chopped nuts.

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.

The United States Department of Agriculture has a bulletin on making cream cheese of the Neufchatel type.



Apricot and Pineapple Jam With Cheese.

Instead of cream cheese, if more convenient, the recipe for the preserves, which can be made at practically any season of the year.

Dried Apricot and Pineapple Preserves.

1 pound dried apricots, soaked overnight, 2 No. 3 cans pineapple, 3 1/2 cups of sugar

Improved Uniform International Sunday School Lesson

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

Lesson for March 25

REVIEW—JESUS PROCLAIMS THE KINGDOM OF GOD

GOLDEN TEXT—And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the Kingdom, and healing their sickness and every disease.

PRIMARY TOPIC—Stories About Jesus.

JUNIOR TOPIC—Mark's Stories About Jesus.

INTERMEDIATE AND SENIOR TOPIC—How Jesus Began His Work.

YOUNG PEOPLE AND ADULT TOPIC—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.

Lesson for January 1. John the Baptist came in fulfillment of Isaiah's prophecy announcing the advent of the Messiah.

Lesson for January 8. Jesus taught with authority and demonstrated it by conquering demons, healing a fever, and cleansing a leper.

Lesson for January 15. Jesus freely gave Himself to the task of healing the diseases of the people and forgiving their sins.

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.

Lesson for February 5. Jesus was misunderstood by His friends, His family and fellow townsmen, and violently opposed by the scribes and Pharisees.

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.

Lesson for February 19. Jesus' deity was manifested in calming the storm-tossed sea and in healing the demoniac.

Lesson for February 26. Jesus raised from the dead Jairus' daughter and healed the woman who had been afflicted for twelve years.

Lesson for March 4. Jesus called twelve men and sent them forth to preach the gospel of the kingdom.

Lesson for March 11. Christ had compassion upon the multitudes and created food to supply their hunger.

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.

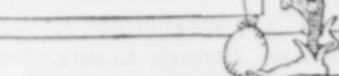
The Lord's Aid

I tried to build without the Lord, and lo! a tumbled pile of bricks upon the ground!

Finding the Sunny Side

He who climbs above the cares of this world and turns his face to his God has found the sunny side of life.

CAP AND BELLS



HITTING THE LOW SPOTS

Hemmandhaw—Do you travel much in that old flivver of yours? Shimmerpate—From coast to coast.

IN THE DUMPS



Wife—Why did you bring me to this dump? Hubby—Well, you're in the dumps so often, I thought you'd feel at home here.

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 chairman.

Mature Solicitude

A flapper, aged fifteen, made a remark the other day in the presence of her aunt which showed that she had read a certain outspoken modern novel.

A Cold Trail

Mrs. Mose—Whar yo' been loafin' all mawmin'? Mose—Ah's been lookin' for work, honey.

ALMOST NO COLLEGE



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

The Novice's Trouble

I cannot do the old dance steps; 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 want it."

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-hole? Maid—Well, I—er—er— was dusting, and I thought I'd look and see if there was any cobwebs in it mum.

Misguided Jest

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

W.L. DOUGLAS SHOES for Men, Women & Boys

100,000 MORE PAIRS... of Douglas shoes were made in our factories last Fall than were made the preceding season. This speaks volumes for the quality, value and popularity of W. L. Douglas Shoes.



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.

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.

Useless Needs

"As I really hadn't a chemise to wear, mother gave me 50 francs to buy some."

Spelled "I"

Jean—You are mistaken about Doctor Real. He's not an eye specialist. Marion—I said "I" specialist.

Oregon & California Directory

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DOES NOT AFFECT THE HEART

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The Joy of Life The bright eyes, the clear skin, the sprightly step, the active mind, are the right of healthy man.



The Right Soap For Baby's Skin In the care of baby's tender skin Cuticura Soap is the mother's favorite.