

### DUST-PAN WILL SAVE STOOPING

Long-Handled Implements Are Big Convenience.

(Prepared by the United States Department of Agriculture.)

Why stoop over to clean, or get down on your knees on the floor to scrub, when you can use housecleaning tools with long handles? Mops, scrub brushes, dust-brooms and dust-pans can all be bought with extended handles that save effort and time as well as the muscles of your back. Here is a farm woman in Marshall county, Illinois, who has found a long-handled dust-pan a great convenience when cleaning a room. As with any other dust-pan, in selecting it one should see that the edge is firm and straight, so that it will come into direct contact with the floor. The side to which the handle is attached should



Long-Handled Dust-Pan.

be high and shaped so as to prevent dirt from falling out. The tin of which the dust-pan is made should be of fairly heavy quality.

The housewife using the dust-pan shown is a member of a testing circle organized by the county home demonstration agent. Each member tests various pieces of household equipment in turn, so that all may have a chance to see which pieces are adapted to the special needs of the individual household. Then, as opportunity arises, the piece may be bought. The picture was taken by the United States Department of Agriculture.

### Needed in Child's Diet

Both vegetables and fruits supply the body with iron, lime and other mineral matter, and some protein and body fuel as well as mild acids. They are particularly necessary in the diet of children, says the United States Department of Agriculture. They should be served at least once a day, as they help to keep the bowels in good condition. Vegetables may be used as flavoring for soups and stews, may be added to milk or meat stews, or served with meat gravy. If gravy is used, do not have it too fat nor make it with scorched fat.

### Feeding the Canary

The food requirements of canaries are simple. Canary seed to which have been added rape seed and a little hemp is a staple diet that persons who keep only a few birds usually purchase ready mixed. Canary seed alone does not furnish a balanced food, but forms a good combination with hemp and summer rape. Much of the rape seed in prepared seed sold in cartons is of a species that even wild birds do not eat, as it is pungent and bitter in flavor, but all relish the mild taste of true summer rape.

### Brown Stew of Beef Is Liked Best by Family

Not every one knows how to make a good stew, and yet, when well seasoned and carefully cooked, a stew may prove to be one of the meat dishes the family likes best. A good brown stew is started by browning the pieces before covering them with water. The meat is simmered, never boiled, and cooked until it is tender. Here are the full directions, from the bureau of home economics:

#### Brown Stew of Beef.

1 1/2 lbs. round steak 1 tsp. salt  
3 cups water 2 tbs. chopped onion  
1 to 2 tsp. grated parsley Flour

Select a good piece of round steak, wipe and cut it into small uniform pieces. Roll in flour and sear in an iron skillet in some of the fat from the steak, then place it in a covered saucepan, add the water, and simmer until tender. Add the onion and salt. Measure the liquid, and to each cup allow three tablespoonfuls of flour for browning. To brown the flour put it in a clean smooth skillet over medium heat and stir the flour constantly until it becomes well browned. Mix the browned flour with the broth, add the meat and parsley, and cook until the gravy has thickened.

The flour can also be browned in the oven, stirring now and then so that it does not scorch. If one is especially fond of the browned flavor a quantity of flour can be prepared and stored for use as needed.

### Strawberry Ice Cream Is as Popular as Shortcake

Strawberry season begins before the local berries are ripe, for the increased facilities for transporting strawberries from the Far South are bringing this delicious fruit to northern tables as early as January, and almost everywhere, by the middle of April, berries from some market are to be had. Strawberry ice cream is almost as popular as strawberry shortcake, and the family will enjoy it as often as you can make it by the recipe given by the bureau of home economics.

#### Strawberry Ice Cream.

2 qts. strawberries 1/4 tsp. salt  
1 pint double cream Lemon juice if desired  
2 cups sugar

Wash and cap the berries. Chop them and cover with the sugar and let stand in the refrigerator for two or three hours. Press the sweetened fruit through a colander. Add the cream which has been whipped and the salt, and freeze. Use a freezing mixture of one part salt and four to six parts of ice, and turn the crank of the freezer slowly. After freezing remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen in flavor.

### Creamed Salsify With Roasts Most Excellent

Salsify or oyster plant is somewhat unusual in flavor and excellent with roast meat, chops, steak or chicken. As it turns dark as soon as the outer skin is scraped off it must be kept in cold water while it is being prepared. It will be more tender if salt is not added until it is cooked. The bureau of home economics furnishes the recipe:

2 bunches salsify or oyster plant Cream sauce Salt

Wash and scrape the salsify and cut it in small pieces. (While preparing the salsify keep it in cold water to prevent it from turning dark.) Boil in unsalted water for 30 minutes or until tender. Prepare a cream sauce, using 1 cup milk, 2 tablespoonfuls flour, 2 tablespoonfuls butter and 1/2 teaspoonful salt, and pour this over the cooked salsify. Reheat and serve with a little chopped parsley sprinkled over the top.

## THE KITCHEN CABINET

(© 1928, Western Newspaper Union.)

What ever is past is over, and I'm thinking you have no more to do with it than a butterfly has with the empty chrysalis from which he came. The law of life is growth, and we cannot linger—we must always be going on.—Myrtle Reed.

#### SUMPTUOUS CAKES

From tea rooms and coffee shops, restaurants and wayside inns, one gathers recipes which are found so popular. Many of them are more costly as to time and material than the majority of housewives find available, yet it is a pleasure to read them over and think, "Some day I want to try that."

**Heaven's Food.**—Beat the whites of four eggs with one-fourth teaspoonful each of salt and cream of tartar to a stiff froth, add one cupful of granulated sugar and beat again, then add the yolks of three eggs that have been beaten until light and fold in one cupful of pastry flour. Bake in a round pan that has been well buttered and floured. Turn out to cool and prepare the second layer. Dissolve one and one-half squares of chocolate in four tablespoonfuls of water over hot water, then add one cupful each of sugar, thick sweet cream and cook over hot water three minutes; add one-half teaspoonful of vanilla and two tablespoonfuls of gelatin softened in two tablespoonfuls of water and stirred into the hot mixture. Pour into the same mold as the cake was baked and set aside to become firm. Unmold on top of the cake which has been spread lightly with an orange filling or with whipped cream, and cover the top with cream and sprinkle with chopped pecans or pistachio nuts and candied violets.

**Surprise Cakes.**—Take one-half-cupful of butter, one and one-half-cupfuls of sugar, and when well creamed add the yolks of three eggs; beat them with the rest. Add the grated rind of an orange, one cupful of milk alternately with two and one-half-cupfuls of flour sifted with two and one-half teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Fold in the stiffly beaten whites and bake in well-greased gem pans. When cool cut off the tops and fill with orange custard. Replace the tops and cover with a thick marshmallow frosting. Sprinkle pistachio nuts or decorate with candied violets.

**Orange Custard.**—Beat one egg, add one tablespoonful of soft butter, three-fourths of a cupful of sugar, one tablespoonful of cornstarch well blended with it, one-half cupful of milk and the grated rind of an orange. Cook until well done, add the juice of half an orange and cool before using.

**What to Eat.**

When the fruits and fresh mint are at their best try this famous old recipe:

**English Mint Chutney.**—Chop and mix together one-half pound of ripe tomatos, one pound of tart apples, three large sweet peppers, six small onions, one and one-half cupfuls of raisins, and one-half cupful of fresh mint leaves. Scald three cupfuls of vinegar, two cupfuls of sugar, two teaspoonfuls of dry mustard and two teaspoonfuls of salt, adding one small hot pepper if desired. When cool add the chopped ingredients and seal in cold sterilized jars. Let stand ten days before serving.

When the children refuse to eat beets try them with this—it never fails:

**Beets With Orange Sauce.**—Cook the beets until tender, slice or chop as preferred and pour over them the following sauce: Cream one tablespoonful of butter and flour, add two tablespoonfuls of hot water, one-eighth teaspoonful of salt, one-half teaspoonful of brown sugar, one-half cupful of orange juice, the grated rind of one orange and a dash of paprika. Cook over hot water and pour hot on the hot beets lightly buttered.

Here is another, perhaps better known way of serving the wholesome vegetable:

**Harvard Beets.**—For one-half dozen tender beets chopped rather fine take one tablespoonful of cornstarch, one-half cupful of sugar, mix well, add four tablespoonfuls each of lemon juice, cook until smooth and thick, add two tablespoonfuls of butter, a dash of pepper and salt, and pour over the beets. Let stand over heat for fifteen minutes. Remember that fruit juices are far superior to vinegar. Use lemon, grapefruit or pineapple juice when possible in place of the vinegar which is so unwholesome for children especially. Adults may endure it, but lemon juice is best for them as well.

**Rice Omelet.**—With a half cupful of cooked rice in the ice chest, and mayhap a bit of cold meat or fish, mince and mix with the rice when preparing an omelet; just sprinkle it over the egg lightly when it has been put into the pan. This not only saves leftovers but makes the omelet more filling and nutritious.

**Orange Icing.**—Grate the rind from an orange, squeeze the juice and mix, let stand for half an hour, then add powdered sugar to make of the proper consistency and spread.

*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 June 3

#### JESUS FACING BETRAYAL AND DEATH

LESSON TEXT—Mark 14:1-42.  
GOLDEN TEXT—Not what I will, but what Thou wilt.  
PRIMARY TOPIC—Jesus' Last Supper With His Friends.  
JUNIOR TOPIC—Jesus' Last Supper With His Disciples.  
INTERMEDIATE AND SENIOR TOPIC—Loyalty in Times of Testing.  
YOUNG PEOPLE AND ADULT TOPIC—"The Fellowship of His Sufferings."

**I. Judas' Bargain With the Chief Priests (vv. 10, 11).**  
This black crime was committed immediately following the beautiful act of devotion by Mary (John 12:1). The motive actuating Judas was avarice.

**II. The Last Passover (vv. 12-25).**  
1. The preparation (vv. 12-16).  
In reply to the disciples' inquiry as to where they should prepare the Passover for Him, Jesus told them to go into the city where they would meet a man bearing a pitcher of water, whom they should follow. In the house to which they were thus led would be found a guest chamber, a large upper room where they could make ready the Passover.

2. The betrayal announced (vv. 17-21).  
The betrayal was to be by one of the disciples who was eating with Jesus. This betrayal had been predicted.

3. The sacrament of the bread and cup.  
These were symbols of His broken body and shed blood by which He had made atonement for man's sins.

**III. The Cowardice of the Disciples Foretold (vv. 26-31).**  
In spite of their cowardly turning from the Savior, He assured them that after His resurrection He would go before them into Galilee. Peter protested against such an act of disloyalty by the disciples and assured the Lord that though all the rest would forsake Him, yet he would not. The Lord showed him how little he knew, even about his best resolve, telling him that on that very night he would deny Him thrice.

**IV. The Agony in Gethsemane (vv. 32-42).**  
1. Jesus Christ's suffering (vv. 32-34).  
(1) The place (v. 32).  
The Garden of Gethsemane, an enclosure containing olive and fig trees, beyond Kidron, about three-fourths of a mile from Jerusalem. Gethsemane means olive trees. Edersheim says, "It is an emblem of trial, distress and agony."

(2) His companions (v. 35).  
He took with Him the eleven disciples that they might share, so far as possible, this sorrow with Him.

(3) His great sorrow (v. 34).  
This is the same as the "cup" in verse 36. It was not primarily the prospect of physical suffering that was crushing him; it was His suffering as the sinbearer—the sensations of His pure soul coming into contact with the awful sin and guilt of the world.

2. Jesus Christ praying (vv. 35-42).  
His only recourse in the hour of supreme need was prayer.

(1) The first prayer (vv. 35-38).  
a. His posture (v. 35).  
He fell on His face to the ground.  
b. His petition (v. 36).  
"Take away this cup from me." By the cup is meant His death on the cross. It was most grievous to Him to face this shame, but He pressed on, knowing that for this cause He had come into the world (John 12:27, 28, cf. Heb. 2:14). He prayed that the hour might pass from Him. The burden was so great that it seemed His life would be crushed out. His prayer was heard (Heb. 5:7).

c. His resignation (v. 36).  
He knew that His death on the cross was the will of God, the Father, for He was the Lamb slain from the foundation of the world.

d. The disciples rebuked (v. 37).  
He singled out Peter, since he had been the most conspicuous in proclaiming his loyalty (John 13:38).

e. Exhortation to the disciples (v. 38).  
Watch and pray lest ye enter into temptation.

(2) The second prayer (vv. 39, 40).  
He withdrew the second time from His disciples and uttered the same words in prayer. This was not vain repetition, but repeated request.

(3) The third prayer (vv. 41, 42).  
He uttered the same words in His third prayer (Matt. 26:44). He told the disciples to sleep on and take their rest as the hour had now come for His betrayal.

**Jesus Talking With You**  
There are times when a strange warmth takes possession of our hearts as we pore over the pages of the Bible. What does it mean? Simply this: Jesus is talking with you. And oftentimes He does it "by the way."  
—R. A. Torrey.

**Great Peace**  
A compromise—half obedience, half rebellion—is never found to be the way of peace. "Great peace have they who love Thy law."—J. H. Jowett.

## Community Building

Proper City Planning Recognized as Vital

There might have been a time when cities of this country had an excuse for growing up in a sprawling, haphazard manner, with little or no regard to what the future needs of the communities might be.

The situation is different today. The cities, a great majority of them at least, have been established. Their growth or lack of growth is largely a matter of record. It is possible to gauge with some accuracy the nature and extent of future development. It is possible also to plan for that development. A recognition of this fact is perhaps the one big achievement of American cities generally in the last decade or so. Planning and zoning have been adopted in hundreds of cities and have made some progress in most of these.

The condition is the subject of a report by a national advisory committee on city planning and zoning that was appointed by Secretary Hoover of the Department of Commerce. The report, prepared by a group of widely known authorities, states that cities now have found that regulation of growth pays. It is coming to be accepted as a business proposition. The protection of home areas, the designation of certain districts for industries, the opening or widening of streets in accordance with traffic needs, the establishing of parks and playgrounds within easy reach of the people and other similar planning all have become a serious concern to the alert and enterprising city of today.

### Uniform Signs Make for Highway Safety

An important step to promote highway safety was recently taken by the United States bureau of public roads in co-operation with the state highway departments, in adopting uniform standards for warning signs to be used throughout the country.

The motorist will no longer be confused by a multiplicity of signs of various designs and degrees of legibility. Hazards will be indicated by signs which will be uniform in all states and which will plainly indicate the kind and degree of danger.

The new signs make use of a system of different shapes, thereby increasing their value at night. The shape indicates the degree of hazard and if the motorist cannot read the legend, the shape will tell him the degree of caution required. Twenty states are now actually engaged in erecting these standard warning signs, and other states have signified their intention of doing the same.—Scientific American.

### Protecting Highways

Highway engineers generally agree that an expenditure of, say, \$1,500 for grass seed to protect the embankments of highways against washing will oftentimes save the expenditure of \$15,000 for the repair of such embankments after they have been damaged by washing. Of course the grass also beautifies the highways, and this is not an unimportant matter, but the main purpose in grassing highways is the preservation of the banks, and not the beautifying of the highways, although the latter is not to be despised. By all means Tennessee's highways should be preserved against the effect of surface water, and the roadbed itself cannot be permanently preserved unless the embankments are protected against crumbling. The few dollars spent for grass seed is wholly inconsequential compared with the great number of dollars saved in the repair of crumbling embankments. It would be a penny-wise and pound-foolish policy to discontinue the grassing of our roadsides simply to save a few dollars in grass seed.—Nashville (Tenn.) Banner.

### City's Money Well Spent

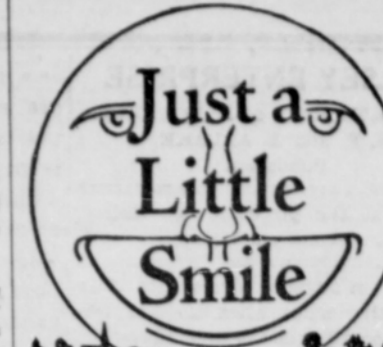
Now that we know the worst about our cities, perhaps there will be a greater effort made to abolish the ugly and substitute the slightly. Although beauty is not something to be weighed by the pound, and although its beneficial results cannot be computed by the yardstick, somehow or other those cities that have achieved beauty in any degree feel that it has been money and effort well spent, although nobody should get the idea that money alone can purchase beauty for a city. There must be the eye of the artist and his sympathetic desire to achieve beauty. Let this rivalry by all means not be slackened.—Exchange.

### Making for City's Growth

Location with respect to railroads or rivers and accessibility to areas of varied raw materials have had much to do with the permanence and growth of cities in the past. These factors still will count; but another vital consideration will be the attention a city is ready to give to matters affecting the comfort, convenience and general welfare of its inhabitants.

### Costly Neglect

A paint expert declares that farmers in this country lose about \$800,000,000 a year from depreciation on farm buildings, resulting from failure to protect them by adequate paint.



### WELL CHOSEN

"Rastus, I understand that you have become the father of twins. Have you named them yet?"

"Yassuh, Ah done call the first one Adagio Allegro, and Ah'm gonn' ' call the second one Encore."

"Musical names, all right. But why do you call the second one Encore?"

"Well, suh, you see, he wasn't on the program at all."—New York Central Magazine.

### ONLY TO TALK ABOUT



Friend Bill—"Does she know Mrs. Jones well enough to talk to?" Maggie—"No, only to talk about."

### Changing Attitudes

The politician gaily greets a friend And calls him "Brother," And maybe, ere the interchanges end, Says: "You're another."

### A Solomon

A Parisian householder went to the magistrate. "What is your complaint?"

"The cafe next door has a noisy piano. I want the place padlocked."

"I can't take away the man's livelihood. I'll padlock the piano."—Le Rire, Paris.

### A Great Strain

James—Yes, sir, I've been out of work for a long time, but I managed to get a bit of a job last Sunday, and earned \$5.

Parson—What, James, you broke the Sabbath?

James—Well, sir, one of us had to be broke.

### Generous

Mrs. Brown—My husband is one of the most generous of men.

Mrs. Hobbs—That's nice.

Mrs. Brown—Yes, I gave him a box of cigars for his birthday and he's given them all away to his friends. He hasn't smoked a single one himself.

### Foolish Query

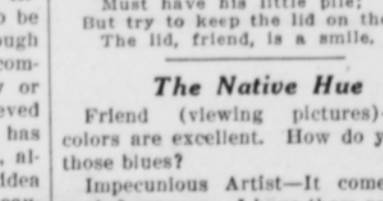
Doctor—You say you have dreadful pains—are they worse at night?

Patient—Probably—but I cannot tell.

Doctor—Why not?

Patient—I am always asleep then, —Nagels Lustige Welt, Berlin.

### HER ANCIENT HISTORY



Miss Pansie—I'm a great lover of ancient history.

Miss Young—Yes, you're always recalling the events of childhood, I know.

### Smile 'Em Down

Of troubles every one alive Must have his little pile; But try to keep the lid on them— The lid, friend, is a smile.

### The Native Hue

Friend (viewing pictures)—Your colors are excellent. How do you get those blues?

Impecunious Artist—It comes natural, I suppose. I have them so often.—Boston Transcript.

### The Explanation

"Why do you call your chauffeur a leaky vessel? Does he gossip about your affairs?"

"No, but I'm always bailing the fellow out."—Boston Transcript.

### Try the Rumble Seat

Jemima, at the zoo, saw a zebra for the first time. "Rastus," she said, "what kind uv animal am dat?"

Rastus also gazed in much perplexity and awe. He had never seen one before, either. "Why, Jem, dat ere are a sport model Jackass!"

### It's an Education

Mrs. Yearwedd—You used to say that I was all the world to you.

Husband—Yes, I've learned my geography since then.

## COMFORT AND EFFICIENCY IN ARMY SHOE



Army Shoes Are Built on Correct Lines of Stout Durable Material.

(Prepared by the United States Department of Agriculture.)

In choosing this serviceable type of shoe for the United States army, the maximum of comfort and efficiency for the wearer was the aim. It conforms to the correct shape for shoes described in Farmers' Bulletin 1523-F in that it is broad and round at the toe and straight along the inner edge. It has thick soles, which protect the feet against injury from sharp and uneven surfaces and against water and slush, so that it is especially suitable for severe outdoor conditions. As thick soles last longer than thin ones, they are more economical. Such a shoe is well adapted for use in city and country alike.

The heels of these shoes are nearly as broad throughout as the heel-seat of the shoe. As a rule, shoes for men and boys do not have high heels, but in shoes for women the height and pitch of the heel are important; heels that slant too far forward cannot support the body steadily, or hold it in the proper position. The heel of an army nurse's shoe is 1 1/4 inches high and tapers but little.

The United States Department of Agriculture will supply information on selecting and caring for shoes.