

MAKE CROQUETTES FOR COMPANY USE

Handy to Have in Store When Original Plans Fail.

(Prepared by the United States Department of Agriculture.)
The emergency shelf always has—or should have—a can or two of salmon in reserve. Then one is never at a loss if unexpected company appears, or if the grocery order is delayed, or any other familiar household situation prevents the original plans for dinner from being carried out. Canned salmon can be used in different ways, according to the other materials one has on hand, the time available, and so on. One of the best dinners you can produce with a can of salmon as a basis centers around a plate of croquettes. The method of making them is given by the bureau of home economics:

- 2 cups canned salmon
- 1 egg and 1 tbs. cold water
- 1 cup milk
- 1 tbs. chopped parsley
- 2 tbs. butter
- 1 tbs. lemon juice
- 1/2 cup dried sifted bread crumbs
- 1/4 tsp. salt
- 3 tbs. flour

Prepare a cream sauce of the butter, flour, and milk and let it cool. Drain the salmon, remove the small particles of bone, and break the fish into small pieces. Mix the cream sauce, fish, lemon juice, parsley, bread crumbs, and salt. Form the mixture into croquettes. Dip into the beaten egg which has been well mixed with the water. Roll in very finely sifted bread crumbs and place on a pan or board. Let stand for an hour or longer for the egg coating to dry.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the croquettes in a wire basket, lower them slowly into the fat, and cook until a golden brown. As the croquettes are removed put them on a paper to absorb the excess fat and keep warm in the oven until all are prepared. Serve with a garnish of parsley.

ENJOYMENT AND PROFIT IN ROSES

Florida Woman Makes Income From Flowers.

(Prepared by the United States Department of Agriculture.)
Although Mrs. S. F. Poole of Winter Haven, Polk county, Fla., considers her rose garden partly as a commercial venture, she gets a great deal of personal enjoyment out of its masses of lovely color and its characteristic fragrance. She planned her garden under the guidance of the county home demonstration agent, and is now able to make a good side income by selling both cut flowers and plants or cuttings.

The varieties of tea and hybrid roses suitable for planting in such a garden as this depend somewhat on the location and climate. As far north as Iowa, varieties that will do



There is Nothing Lovelier Than a Rose Garden.

well, according to the United States Department of Agriculture, are: for pink blooms, Radiance, Killarney, Mrs. Wakefield, Christie Miller, La Tosca; for white, Kaiserine Augusta Victoria, white Killarney, Cochet; for red, Red Radiance, Gruss an Teplitz; for yellow, Marie Van Houtte, and for copper, Mrs. A. R. Waddell. Information on the planting and management of a rose garden may be obtained by writing to the department.

Homemade Confections

Occasionally it happens that a jelly is too stiff or "tough" for the housekeeper to be proud of, for table use. As a confection, cut up in blocks and dipped in the sweet chocolate that comes for the purpose, the unsatisfactory jelly is more than redeemed, suggests the United States Department of Agriculture. Figs, dates, raisins, nuts and marshmallows can also be dipped in chocolate to make wholesome confections for the children. Sweets of this kind are especially good as surprises in the monotonous school lunch box.

Raspberry Flummary.

- 2 cups of raspberry juice from canned raspberries
 - 4 tbs. cornstarch
 - 1/2 cup sugar (if raspberries are sweetened)
 - 3 tbs. farina or 1/4 tsp. salt
 - 2 tsp. lemon juice
- Heat the raspberry juice. Mix the sugar and farina or cornstarch and the salt, and add to the raspberry juice. Cook in a double boiler for fifteen or twenty minutes, or until the mixture thickens and the raw, starchy taste disappears.

THE KITCHEN CABINET

(© 1928, Western Newspaper Union.)

Every step mankind has taken has been Spirit led. Every new discovery has been God's revelation of Himself. With every new blaze of light man comes nearer to the central power over the world.—Anon.

ECONOMICAL DISHES

As meat is our most expensive item in the dinner menu, we like to serve as wholesome and appetizing food as possible within the limit of our budget for food. Here is a good dish worth trying:

Shepherd's Pie.—Take any bits of leftover meat, lamb, beef, pork or mutton, cut into neat pieces. Fry one onion, chopped fine, in butter, add some pepper finely minced for flavor, season with salt and pepper and cook five minutes. Cover with broth and simmer fifteen minutes; add a little French mustard, put the hash into a deep dish and cover with mashed potato, set in the oven, brown lightly and serve.

Cataline Hamburger.—Take one pound of chopped beef, seasoned and formed into cakes. Fry in butter and when cooked remove to a hot platter. Put one chopped onion in the saucepan, two chopped green peppers and let them fry in the fat, add one tomato chopped, cook five minutes and stir in a little French mustard; pour over the steaks and serve.

The cheaper cuts of meat, if properly cooked, are more flavorful and nutritious than chops, steaks or legs of lamb. Doctor McCollum says there is no more reason for buying steaks, chops and ham than there is for investing in summer furs. In both cases we do it because it is the custom.

A small amount of meat, such as a good cut from the shoulder, will, if browned and cooked with vegetables, make a most satisfactory meal. It is well known that the coarser and cheaper cuts of meat are more rich in extractives than those of muscle not so much used, such as chops, steaks and tenderloins. Long slow cooking will soften the tough fiber of meat and result in a good-flavored dish.

First of all the housewife should acquaint herself on food values, then exercise her great American right of independence and buy such food as she can afford to feed her family in the best possible way. Of all classes of people the housemother and cook should use wisdom in her food selection and not buy something which cooks quickly or food that is too expensive for her purse.

If less money were paid for expensive cuts of meat there would be more to buy milk, fruits and fresh vegetables.

In many cases the use of steaks and chops are found in families where little thought is given to the food; it is easier to cook a steak than to get a pot roast ready and see that it is properly cooked.

Here Are a Few Cakes.

At times when eggs are plentiful one likes a cake that does not call for them; the following is one you will like:
Novelty Cake.—Take one-half cupful of shortening, cream it with one cupful of sugar. Mix and sift two cupfuls of flour with four teaspoonfuls of baking powder, one-half teaspoonful of salt, one teaspoonful of cinnamon, one-half teaspoonful of cloves, add the dry mixture alternately with one cupful of water, beat well and add one cupful of floured raisins. Bake in a well-greased loaf pan for an hour.

White Cake.—Cream one-half cupful of shortening and one and one-half cupfuls of sugar. Mix and sift two and one-half cupfuls of flour with three teaspoonfuls of baking powder, add the flour mixture alternately with one-half cupful of milk to the creamed butter and sugar. Beat the whites of six eggs until stiff, add a fourth of a teaspoonful of cream of tartar, flavor with almond and fold into the cake mixture. Bake forty-five minutes in a hot oven.

Golden Cake.—Cream one-half cupful of shortening and one cupful of sugar together, add five beaten egg yolks. Mix and sift one and three-fourths cupfuls of flour with three teaspoonfuls of baking powder, one-fourth teaspoonful of salt and one-half teaspoonful of mace, add to the first mixture alternately with one-half cupful of milk. Beat well and bake in a square tin in a hot oven for fifteen minutes, then bake slower for thirty minutes longer.

Coffee Cake.—Cream one-half cupful of shortening and one cupful of sugar until well blended, add two beaten eggs. Mix and sift one and three-fourths cupfuls of flour with two teaspoonfuls of baking powder, one-fourth teaspoonful of salt, and add alternately to the butter and sugar one-half cupful of coffee infusion, beat well and add one-half cupful of floured raisins cut into small pieces or one-half cupful of nuts.

A delicious filling or frosting for any cake is one cupful of sour cream, one cupful each of sugar and finely broken nut meats. Boil until waxy, beat until cool before putting on cake.

Nellie Maxwell

Improved Uniform International

Sunday School Lesson

(By REV. F. H. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)
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Lesson for July 15

THE CONVERSION OF SAUL

LESSON TEXT.—Acts 9:1-9, 22:6-18.
GOLDEN TEXT.—This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners.
PHIMARY TOPIC.—Saul Becomes a Christian.
JUNIOR TOPIC.—Saul Becomes a Christian.
INTERMEDIATE AND SENIOR TOPIC.—How Saul Became a Christian.
YOUNG PEOPLE AND ADULT TOPIC.—The Conversion of a Pharisee.

I. Saul's Violent Hatred of the Lord's Disciples (vv. 1, 2).

Saul knew full well that unless the movement set on foot by Jesus was stopped it would supersede Judaism. He was ignorant of the genius of Christianity. He did not know that the "blood of martyrs is the seed of the church." Prosperity may ruin the church, but persecution, never. The noble display of faith by Stephen in sealing his testimony with his blood did not soften Saul's spirit, but rather intensified his hatred for Jesus and His disciples. The intensity of his madness, and the extent of its operations are best set forth in his own words, "And I persecuted this way unto the death, blinding and delivering into prisons both men and women" (Acts 22:4). "I both shut up many of the saints in prisons, having received authority from the chief priests, and when they were put to death, I gave my voice against them, and punishing them oft in all the synagogues I strove to make them blasphemous, and being exceedingly mad against them, I persecuted them even unto foreign cities" (Acts 26:10-12, R. V.).

II. Saul Kicking Against the Pricks (vv. 3-9).

The figure here is that of the eastern ox driver following the ox with a sharp iron fixed to the end of a pole. The animal is prodded with this instrument and if it is refractory it kicks against the sharp iron and injures itself.

1. A light from Heaven (vv. 3, 4a). The time had come for the Lord to interfere. Saul was stricken with blindness and fell to the earth. This physical demonstration accentuated the workings of his conscience which doubtless were going on quickened by the Holy Spirit as He used Stephen's testimony.

2. A voice from Heaven (vv. 4b, 5). This was the Lord's voice calling Saul by name and asking, "Why persecutest thou me?" This moved Saul to inquire, "Who art thou, Lord?" The answer came, "I am Jesus, whom thou persecutest."

3. Saul's inquiry (v. 6). "What wilt thou have me to do?" The dictator is now willing to be dictated to. The Lord told him to go into the city where information would be given him as to what he must do.

4. Saul entering Damascus (vv. 7-9). The haughty persecutor went quite humbly into Damascus, led by his attendants. For the space of three days he remained blind, and fasted. What went on in his soul in those days no mortal can know, but we may be assured that he, like the Lord in the wilderness, was too deep in meditation and prayer to desire food. In these days of deep meaning his whole life was being reorganized by Jesus Christ.

III. Ananias Ministers to Saul (vv. 10-19).

1. Ananias' vision (vv. 10-12). In this vision the Lord appeared and instructed him to go to Saul. He gave him the name of the street and Saul's host, and informed him that Saul was now a praying man, and that He had prepared Saul by the vision for the coming of Ananias.

2. Ananias' fear and hesitancy (vv. 13-16). He knew of Saul's ministry and the authority by which he came. The Lord encouraged him to go, assuring him that Saul was no longer an enemy but a chosen vessel to bear His name before the Gentiles.

3. Ananias' obedience (v. 17). His fears being removed, Ananias went to the house where Saul was staying, put his hand on him and affectionately addressed him as "Brother Saul." The hitherto savage persecutor is now a brother in Christ. Ananias informed Saul that the Lord had sent him with a two-fold mission:

- (1) "That thou mightest receive thy sight."
 - (2) "Be filled with the Holy Spirit."
4. Saul baptized (vv. 18, 19). After Saul received his sight Ananias baptized him. Since Ananias was not a church official, it is clearly implied that official rank is not necessary for the administration of baptism. The Lord bestows the gift of the Spirit upon whomsoever He will.

God Does Not Forsake Thee

Suppose that all men forsake or forget thee; God does not. His eye sees thee. His heart feels for thee, and His hand is able to deliver thee. Thou art not friendless, nor wilt thou be till the God of all consolation dies.—Charles H. Spurgeon.

A Heavenly Vision

To a holy heart is vouchsafed a heavenly vision. Eyes that are cleared of the mists of sin behold undimmed the face of the Lord.—Echoes.

Community Building

Diary Makes Garden Growing Much Easier

A diary is of inestimable value in caring for a garden. Entries should be made every day not only of the work done, but its results as well as weather conditions. Experience is the most valuable teacher, but its lessons often are wasted on poor memories. A diary makes information on all discoveries and observations readily and permanently available for reference. In planting the wise householder uses a stake and line to make rows straight and strives to give the garden an attractive appearance as well as making it productive. By the skillful use of vines, flowers and a little landscaping with pergolas and arches, it is possible to add immeasurably to the appearance of the garden.

There is such a thing, however, as overnicety. For example, some gardeners in planting green and wax beans go through the ordeal of placing each eye down. Despite their claims to greater success by this method the improvement is not sufficiently imposing to warrant that much extra trouble.

Germination may be hastened by covering the seeds with water before covering them with earth. Sometimes, as in the case of parsley, which is slow to germinate, it is profitable to soak the seeds in warm water 12 minutes in the house before planting them.

Park Spaces Now Seen as Commercial Asset

Indiana, with 7,854.71 acres in city and county parks, stands tenth among the 25 most populous states in the nation in such park space, according to a national survey by the Playground and Recreation Association of America.

California leads with 20,858 acres, and New York state is second with 19,415. Following Indiana are Minnesota with 9,030 acres and Missouri with 7,733.

Of 54 Hoosier cities reporting to the survey, Indianapolis had the largest total park area, 2,566.16 acres, and Evansville was second with 623 acres. The smallest town to report a park was Fowlerston, population 225.

Parks are promoting health and child safety and reducing juvenile delinquency, as well as adding to the beauty of communities, says L. H. Weir, director of the study. The use of city parks for active recreation has been the most significant trend in recent park development. Though more than a billion dollars have been spent in the United States to acquire and equip municipal and county parks, few cities as yet provide adequate park facilities and hundreds of small towns have reserved no park space, the survey revealed. In urban communities, children's playgrounds and neighborhood recreation fields are the greatest lack, Mr. Weir pointed out.

Hedge Worth Consideration

A well-cared-for hedge adds a touch of privacy to your home and is more pleasing than a wooden or wire fence. The most commonly used shrub for hedging is the privet. The best results will be obtained if three-year-old plants are used. They should be cut back about one-half their size and set several inches deeper than they were planted in the nursery.

For single row planting, the plants should be set 12 inches apart in a row and placed about one foot back from the lot line to allow for the spread of the bush. If double row planting is done, the plants should be set 18 inches apart. No two plants should be opposite one another. This will give a zig-zag effect.

Shrubs as Screens

Often in planting the garden, some sort of screen effect is required to hide an unsightly object; something for quick growth with sufficient height and foliage density. For this purpose there is nothing better than the tall, quick-growing shrubs Deutzia, Rose Weigela, Smoke Bush, Mock Orange, Rose of Sharon and Bush Honey-suckle. If several varieties of these plants are planted around the yard, they not only afford beauty, but also a feeling of privacy and seclusion.

Pays to Plan Garden

In the creation of your garden, which should bear the stamp of your individual fancies, let the first step be the free play of your imagination. Vague day-dreaming, however, will not do it. Your dream garden must be definite, practical. Plan the garden with a fair degree of definiteness before going to the seed store, or sitting down with the catalogues to actually make out the order for your seeds.

Details That Improve Home

Next to your house, nothing adds more to the impression people get of your property than the appearance of the steps, walks and driveways. And nothing can detract more than worn, uneven or shabby approaches.

Up to Community

Public health is purchasable within natural limitations; any community can determine its own death rate.—Hermann Biggs.

Adrift With Humor

PRESENT TIME

A certain movie star over on the lot has been pestered to death for quite some time by an influential admirer, one of those chaps who's too important to be barred off the lot and who has to be kidded along. The other day, doing his best to please, he tried to wheedle out of the cold beauty the day of her birth. "Oh, any time that is most convenient for you," she yawned.—Los Angeles Times.

Too Late
The newly married, beautiful-but-dumb young thing dashed into the house in the greatest of anguish. "Oh, Hector," she wailed, "I've just been bitten by a dog!" "There, there, darling," soothed the brand-new husband, "don't you worry. Just you go and put some peroxide on it."

"But I-I can't," she sobbed. "It's run away!"

EYES DON'T SHOW WIT



"Do you think girls eyes show what kind of wit they have?"
"No, their eyes are sparkling most of the time."

Happy Thought

"What are the seven men doing in your outer office?"
"I advertised for an efficiency expert."

Her Preference

He—Do you care for dancing?
She—No.
"Why not?"
"It's mere hugging set to music."
"Well, what is there about that you don't like?"
"The music."

Ha! Ha!

He—Will you marry me?
She—No, but thank you.
He (bitterly)—Why thank me?
She—The doctor advised me to laugh heartily at least once a day.

HAD LOST HIS BALANCE



Maggie—"They say he's gotten pretty wobbly in business." Harry—"He's lost his balance at the bank."

Such a Man!

Male Motorist—You bumped right into me and you were on the wrong side of the road!
Vice Versa—Wrong side! I like that! I was on the same side that you were on!

Easy to Guess

Customer—Have you a book on salesmanship?
Book Clerk—Yeah—(yawn)—we've got one. Look around and maybe you'll see it. I haven't read it myself.
Customer—I should say you haven't.

Striking Coincidence

"My name is Gadget—and yours?"
"Jones."
"H'mmm, I knew a fellow in my old home town by that name."

Literature

A novelist was chatting with his publisher. "By the way, where did you get the plot of your second novel?" asked the latter.
"From the film version of the first," was the reply.

All Over

Lady of the House (hears the sound of crockery crashing on the kitchen floor)—Lena! What are you doing?
Lena— Nothing, ma'am; it's done.

NO UNNECESSARY STEP TAKEN WITH MEALS



Two-Way or Pass Closet Compactly Arranged With Reference to Dish Washing Closet.

(Prepared by the United States Department of Agriculture.)

If you have a two-way dish closet in the connecting wall between the kitchen and dining room, preferably where that partition joins the outside wall of the house, it is possible to place the sink at right angles to this pass closet and continuous with it, along the outer wall, with a window directly above for light and ventilation. This arrangement is especially good when the dining room wall is at the left of the sink, but it can be reversed in homes with the opposite floor plan.

Used dishes and silver are passed through from the dining room directly to the sink. After they have been washed they are put into the closet at once ready to be taken out on the dining room side. Not an unnecessary step is then taken in serving or clearing away meals. It is wise to keep within the compact limits of these centers any small tools used at the sink, and also cooking utensils that are filled with water before they are put on the stove or dining table. The double boilers and stew pans, the coffee percolator, tea kettle and water

pitcher have places on the shelves at the side of the sink. Spoons, brushes, scissors and cleaning accessories that can be hung up are just below these shelves. The counter space on a level with the drain-boards should, however, be kept relatively clear both for passing dishes and foods between the dining room and kitchen and for use in spreading out plates to be filled at serving time. The space under the drain-boards is useful for storing cleaning materials or supplies. The drain basket, garbage can and kitchen waste basket belong in the clearing away center. The lower part of the pass closet is a good place to keep the electric toaster and grill, trays and covered dishes that will often be wanted in the dining room.

In the accompanying drawing, supplied by the bureau of home economics, the doors of the two-way closet are shown as sliding upward to save space. Ordinary doors may of course be used. The doors of the lower part of this closet also slide out of the way. A metal-lined tilting bin under the right-hand drain-board is convenient for stowing small quantities of potatoes or other root vegetables.