

GOOD AND POOR POSTURE SHOWN

Correct Position to Be Assumed for Housework.

(Prepared by the United States Department of Agriculture.)
 These two pictures, demonstrating good and bad sitting posture, are almost self-explanatory. They were posed by a farm woman in Hampshire county, Massachusetts, in connection with a series of talks on posture given by the county extension agent for women. The woman in the first picture is sitting peeling potatoes in a position frequently seen for such tasks. It causes her head, shoulders, and abdomen to slouch forward, while



Bad Sitting Posture While at Work.

her feet, rather tensely wound around each other, will soon add to the general sensation of fatigue produced by her posture. In the other picture she is sitting correctly, well back in her chair, her feet firmly on the floor in a position that enables her to retain her good posture without effort. Her back and shoulders are straight, without strain, her head held so as to see what she is doing without its being



Farm Woman Demonstrating a Good Sitting Posture.

pushed forward, her lungs are not cramped, and when her task is finished she will not be distressed or tired as she would be had she sat as in the first picture.

Studies of correct posture for doing various household tasks have been made in this country by farm women under the direction of the home demonstration agent.

MILK IN BREAD MAKING IS AID

Useful to Supplement Proteins and Minerals of Flour.

(Prepared by the United States Department of Agriculture.)
 In making white bread the use of whole or skim milk to supplement the proteins and minerals of wheat flour is strongly recommended by the United States Department of Agriculture. Since bread is a staple food-stuff, the use of milk in bread would insure a better nourished population. Dry skim milk may be used in bread making with good results. In addition to supplementing the nutritive value it improves the general appearance of the bread loaf and enhances its ease of manufacture.

There are, however, certain differences in flours and in their reaction to skim milk in the dough which influence the ease of bread manufacture and necessitate special attention to certain stages of the process. In order to determine what these differences in flours are and how they affect the handling of bread made with dried milk, a study was made by the bureau of dairy industry of the United States Department of Agriculture.

It was found that the hard spring wheat flours used in the experiments reacted more favorably to the use of dried skim milk than did winter wheat flours. The range of fermentation time in which doughs give good bread is increased by using skim milk. This adds to the ease of manufacture and is a very important property. The lactose of the milk imparts a desirable golden-brown color to the crust of the baked loaf. The texture and color of the crumb are also improved.

Hawaiian Housewives to Get "Aunt Sammy" Talks

Hawaiian housewives will have a new radio friend during the 1928-29 broadcasting season. "Aunt Sammy," the radio spokeswoman of the United States Department of Agriculture, whose daily broadcast programs, the "Housekeepers' Chats," are the household guide of millions of home makers in the United States, will supply her programs to Station KGU of Honolulu, starting October 1.

The "Housekeepers' Chats" is prepared by the Radio Service of the United States Department of Agriculture. The homemaking facts which are flashed out in the chats are supplied by the bureau of home economics and other bureaus of the department. The chats are broadcast as a public service by announcers of some 90 co-operating stations.

Limp Rugs Are Greatly Improved by Re-Sizing

If the rugs are too limp to lie flat on the floor, or if they curl along the edges and corners, they will be greatly improved by re-sizing. Lay the rug, right side down, on a bare floor in a room where it won't need to be disturbed for a day or so. Tack it down securely and sprinkle evenly with a generous solution made from dissolving flake glue in hot water. Use about a fourth of a pound of glue to a half-gallon of water.

Empty Opened Cans

The practice of allowing foods to stand in open cans is not good house-keeping. After a can is opened the contents should be stored in a clean vessel preferably of earthenware or porcelain. However, it is fair to say that the danger of a tin can is usually exaggerated. The inner surface of cans used in packing foods is treated with a shellac which is insoluble in ordinary food juices. It is only when a flaw is present that acid foods may attack the container.

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 September 30
PAUL THE MISSIONARY

GOLDEN TEXT—Christ liveth in me.—Galatians 2:20.
PRIMARY TOPIC—Stories of Paul.
JUNIOR TOPIC—Paul, the Brave Missionary.
INTERMEDIATE AND SENIOR TOPIC—Paul the Dauntless.
YOUNG PEOPLE AND ADULT TOPIC—"In Labors More Abundant."

In the review of this quarter's lessons, a good opportunity is given for character study. The interests of the quarter's lessons center in Paul, Stephen, Barnabas, John Mark, Luke, Timothy, James and Ananias. Assignments should be made a week in advance for the preparation of brief essays by the pupils.

Another method would be to lift out the principles contained in the lessons of the quarter and apply them to the important problems of the day. The following suggestions are offered:

Paul's the Ideal Education; What is a True Christian? What is the Real Missionary Spirit? Who Should Go as Missionaries? Should Religious Differences Be Compromised? If so, How Far? How to Be Assured of Divine Leading.

Perhaps the most satisfactory method for adults is to summarize the facts and state the leading lessons. The following suggestions are offered:

Lesson for July 1. Paul, by birth and education, had much to be proud of. A godly ancestry and a true education ought to be the heritage of every child.

Lesson for July 8. While Stephen ministered in the benevolences of the church he testified of Christ and met with violent opposition. The ring-leader in this opposition was Paul. A man may be conscientious and wrong.

Lesson for July 15. Paul in unbelief zealously persecuted the church, even consenting to the death of Stephen. When his eyes were opened by the appearance of Jesus Christ on the road to Damascus he was transformed into a zealous witness for Christ.

Lesson for July 22. The sight which Paul had of Christ was so real that he at once testified of His deity and saving power.

Lesson for July 29. Paul and Barnabas were sent forth by the Holy Ghost to preach the gospel to the Gentiles. They were opposed by Elymas, the sorcerer. Spirit-filled men will most surely meet with opposition.

Lesson for August 5. The preaching of Barnabas and Saul was accompanied with such wonderful signs that the people attempted to worship them as gods. The same people soon were moved to stone them. Despite this horrible treatment, Barnabas and Saul carried on their work.

Lesson for August 12. The question of the grounds upon which Gentiles were to be received was bitterly debated. Paul preached that it was to be by faith alone. Certain Judging teachers taught that faith was to be supplemented by the works of the law.

Lesson for August 19. Paul was forbidden to preach in Asia; then called to preach in Europe. Divine guidance is just as really shown in closed doors as in open doors.

Lesson for August 26. When Paul's missionary work interfered with the unlawful gain of certain men at Philippi, he and Silas were sent to jail. Through their miraculous deliverance and their testimony of the saving power of Christ, the jailer was converted.

Lesson for September 2. Wicked Jews followed Paul to Thessalonica and Berea. They stirred up the people to such an extent that he had to flee. Wherever he went his ministry was accompanied by supernatural signs so as to convince the Gentiles.

Lesson for September 9. Paul preached the gospel in Corinth with such power that many were saved. The gospel is the power of God unto salvation.

Lesson for September 16. The church was threatened with disruption through party spirit. The right conception of the gospel, Christian ministers and persons constituting the church, will cure sectarianism.

Lesson for September 23. The Christian should abstain from that which might cause his brother to stumble.

Love One Another

Let us love one another whilst we live! I would speak for a kind word on behalf of those who are sitting next you and making your own house glad by their deft fingers and their loving hearts.—Joseph Parker.

Serving God

Serving God just where you are, with what you have, and nothing else. God requires nothing more; He will take nothing more. It is yourself, in your own position, wherever you are, that He wants.—Margaret Slattery.

Thy Will Be Done

To do or not to do; to have, or not to have, I leave to thee; thy only will be done in me; all my requests are lost in one, "Father, thy will be done!"—Charles Wesley.

VOTERS WILL NOT AGREE WITH WORK

White's Attack on Smith Distinctly Partisan.

Chairman Work of the Republican National committee missed a rare chance at that New York press conference to say a graceful, chivalric word which, we think, would have been widely approved. Asked if he regretted William Allen White's attack on Governor Smith, Doctor Work replied, "It's none of our business." He went on to explain that White "is a free hand and is not connected with the Republican National committee in any way."

The committee, it will be remembered, had previously washed its hands of responsibility for Mr. White. The abolition was performed by Henry J. Allen, in charge of Mr. Hoover's publicity, who "inadvertently" confided to the reporters Mr. White's cable denying that he had retracted the Smith charges.

Granting the fact that William Allen White is in no wise apprenticed to the Republican National committee, the truth is that the Kansas editor is an authentic spokesman of the Republican party. His typewriter is worth more to the party than an army corps of ordinary press agents or spellbinders. His position might be described as that of honorary general counsel to the party. He is an unofficial personage whom the leaders consult, and is regularly drafted, as he was at Kansas City, to help write the platform. It was not as a free lance, it was not as a disinterested citizen, that Mr. White assailed Governor Smith.

It was as a Republican striving to injure the Democratic candidate in public esteem and, as a corollary, seeking to promote Mr. Hoover's prospects. And because of his unique party place and his personal prestige, anything that Mr. White says of a political character in the campaign is morally indorsed by the Republican National committee, unless the Republican National committee explicitly repudiates it.

Doctor Work, as we have said, had a splendid opportunity to repudiate Mr. White. He had a fine opportunity to put into striking effect Mr. Hoover's announced desire to conduct this contest with dignity and decorum, and refreshingly clear of the billingsgate of barroom controversy.

Doctor Work had that chance and missed it.—St. Louis Post-Dispatch.

Democrats Stand for Honest Tariff Policy

Mr. Hoover, in stating his views on the tariff, has deliberately discarded all the results of the research of the trade experts in his own department and taken his stand with those extremists in his party who demand that if there is any revision at all it must be upward. He pledges his party to a fight to keep out foreign goods. Presumably, he intends to stand by all the monstrosities of the Fordney-McCumber tariff and perhaps to add to them. Toward the methods of President Coolidge in destroying the tariff commission he maintains a discreet silence.

Governor Smith, on the other hand, proposes to rehabilitate the tariff commission and through it to give the country honest tariff legislation. That is far from the Hoover policy, and those who say that the Democrats have switched over to the Republican side on the tariff issue need to revise their references. The Democrats have accepted the principle of protection but they have not accepted Mr. Hoover's idea that protection means the Fordney-McCumber law and more of it.

Republicans "in the Air"

Apparently both the mill owners and the mill workers of New England will be likely during the campaign to ask Curtis, Smoot and other Republican spellbinders to offer them some plan of "protection" against the cotton fields, climate, cheap power and lower cost of living that make the southern mills such devastating competitors. And what will Curtis, Smoot, et id omne genus answer?

It is a fairly safe bet that they cannot propose any better mill relief in the East than they have farm relief in the West.—Atlanta Constitution.

Candidates in Agreement

Senator Robinson's speech was more than the parrot-like echo of the average Vice Presidential candidate after the master has spoken. The Arkansas senator shows an independence of spirit as well as a deep grasp of the fundamental issues before the country. He agrees with Al Smith on the major items outlined in the latter's speech of acceptance, even though he may disagree on some matters of personal interest and preference. Where he agrees he does so not because Al Smith says so, but because of his own frank convictions.

Tariff and the Farmer

Mr. Curtis has told the farmers that the most of the things which they buy have been placed on the free list by the present tariff. A diligent examination of the schedules shows that the only dutiable articles under the Underwood tariff which are now on the free list are acenaphthene, toluene, xylene, picurim beans, chestnuts and brick. Few farmers have ever heard of any of these commodities except the last two, and it is of little consequence that they are free of duty.

SEES HOOVER REAL FRIEND OF FARMER

His Record Appeals to Head of Equity Union.

Leroy Melton of Greenville, Ill., for many years head of the Farmers' Equity union, in a letter to Republican headquarters in New York, stated that he is giving his personal support to Herbert Hoover in the belief that he is the only man who will make a genuine effort to help the farmer.

"I am doing this," he wrote, "on his great record as a public servant and a constructive statesman. I agree with him in his position supporting the Constitution, including the Eighteenth amendment and I also believe he will assist the farmers of this country to work out their own salvation through co-operative marketing. I believe he will be fair to every class in this country."

The Farmers' Equity union is one of the strongest agricultural organizations in the country. It has more than 500 chartered locals, capitalized at from \$5,000 to \$100,000 each, in Texas, Oklahoma and many middle western states. It holds seats on the board of trade of Chicago and of Kansas City.

The organization operates grain elevators, coal and lumber yards and maintains a co-operative system of marketing that has been highly effective. Mr. Melton has been president of the union practically since it came into existence in 1910.

Why Let Democrats Tinker With Tariff?

Only once in our history has the country changed political administrations in an era of prosperity, except when the change was brought about by a party division. The single instance was that of 1892, when the country turned back to Cleveland. The change brought commercial disaster in its train. Notwithstanding the tremendous burden of taxation laid upon the people by the great war, we have experienced six years of the most remarkable prosperity. This, too, in the face of several great strikes and disasters, which for a time tied up one or more great industries. It may be true that a part of this prosperity is due to conditions in other parts of the world, but is more largely due to the wise administration of the government.

If the people as a whole are prosperous, why should they want to change and run the risk of bringing about a commercial crisis? Long years of experience have established the fact that a protective tariff has always been the backbone of American prosperity. The Republican party promises to retain that feature in any revision that may be made. The history of the Democratic party is that it has always opposed the protective theory. What assurance can it offer the people now that it will go back on its fixed beliefs?

Letters Show Growth of Hoover Sentiment

Thousands of letters arriving daily at the office of the Republican National committee, 15 E. 41st street, New York, give one of the most complete views of the extent of Hoover sentiment in all of the states that has been secured by the national organization.

Instead of reports upon isolated incidents made by traveling workers, the letters, coming from editors, business men, farmers and those in every other walk of life, represent the observations of men and women who have spent their lifetime in their communities and therefore are fully in touch with local sentiment.

To sum up the letters, there are few "bad" spots in the country, and, to the contrary, a growing Hoover sentiment is expressed in regions which have been overwhelmingly Democratic.

The farm problem will not be settled until it is settled permanently and rightly. Dependence on the motive and abilities of Herbert Hoover offers the safest course for the farmers of the nation.

Extraordinary Support

"Even if Governor Smith's position (on prohibition) were tenable," says Josephus Daniels brightly, upon recovering from his first shock, "the proposal of amending the Eighteenth amendment is one that is now so impossible of accomplishment that it is nothing more than the expression of a personal opinion." In other words, the former secretary of the navy and one time admiring disciple of William Jennings Bryan, undertakes to comfort his dry soul by contending that the issue which his Presidential candidate is trying to make paramount is merely buncombe and doesn't actually mean a thing. "Support" and indorsement of that sort ought to make Alfred glow with pleasure from head to toe.—Detroit Free Press.

Smith's Charges Recoil

In our judgment, Governor Smith's prohibition policy, while vigorous and specific, is premature and based on insufficient facts. The governor echoes certain partisan arguments made familiar at Houston, notably an indictment of Republican corruption and a denial of Coolidge economy. As the actual head of Tammany hall and the most extravagant governor the state of New York has ever seen, he might better have left those charges unspoken.—New York Herald Tribune.



HIS AMBITION

"Ambition," said Norbert Quinn, "is a funny thing. My friend, Christopher Morley, prince of fantasy and Twentieth century Elizabethan, confided that he wished that he could draw and also that he could write successful plays.

"Quite in contrast is my little friend, William, who is saving up money to buy an airplane. 'It's quite a worthy motive,' I told him. 'You are quite an ambitious boy.'

"You bet I am!" William agreed, and added, "You see, I want to fly over Bobby Willet's yard and drop down bricks on him."—Los Angeles Times.

Got Him, Anyway

The Accused—Judge, it ain't no crime to be poor. Beside, I work mighty hard sometimes findin' jobs for my wife.

The Judge—You're right. It is no crime to be poor, but it is to run an employment agency without a license. Twenty-five and costs.

FOUND SHE'D BEEN SOLD



"She was given away as usual at her wedding, I suppose?"
 "Oh, yes, but recently found she'd been sold."

Self-Perfecting

"Practice maketh perfect."
 The proverb so doth teach—
 Especially if we practice
 The fine things that we preach.

Gooseflesh Barred

An old Southern planter was discussing the hereafter with one of the colored servants. "Sam," he said, "if you die first, I want you to come back and tell me what it's like over there. If I die first, I'll come back and tell you what it's like."

"Dat suits me, Marsa," replied the old negro, "but if you dies first, Ah wants you to promise me dat you'll come back in de daytime."

That's Essential

"Yesterday you were not at the office, saying you were ill, and I saw you on the street."

"Yes, I was going for the doctor."
 —Buen Humor, Madrid.

NEW FOOL'S GOLD



Reggie—I have no trouble. Miss Sharpe, in telling fool's gold.
 Miss S.—Oh, I'm sure you can tell how much money you have. Mr. Sapp.

Obscure Contributor

The fish that's landed as a prize,
 For admiration comes to view;
 But has no chance to realize
 The honors that to him are due.

A Lesson in Geography

"The world is round, isn't it?"
 "Supposed to be, yes."
 "Well, if I wanted to go east I could eventually get there by going west, couldn't I?"
 "Say, what are you, a taxi driver?"
 —Successful Farming.

The Aftermath

"Mrs. Smith seems to have got over the death of her first husband."
 "Yes, but her second husband hasn't."
 —Nagel's Lustige Welt, Berlin.

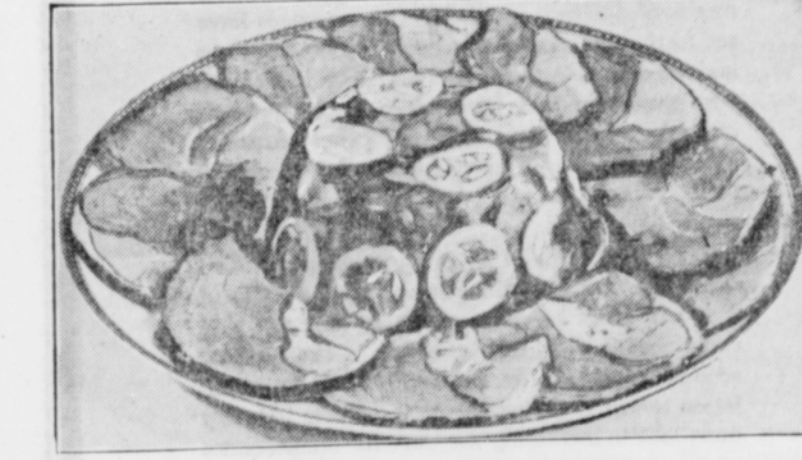
The Great Inducement

Blanche—Sad about Mrs. Sanford biting her tongue off, wasn't it?
 Florence—Yes, but there was compensation even in this misfortune. Blanche—How so?
 Florence—Her husband stays home evenings now.

Great Day for Them

"Bill's a bit of an egotist, isn't he?"
 "Egotist! Say, when that fellow has a birthday he wishes his friends many happy returns of the day."

MINT GELATIN WITH COLD SLICES OF LAMB



Cold Sliced Lamb Leg With Mint Gelatin.

(Prepared by the United States Department of Agriculture.)
 Cold sliced meat for lunch may be just cold meat, or it may be so transformed by its associations that it may be offered without hesitation to the most special guests. A case in point is illustrated by the photograph from the bureau of home economics, which has developed this very delicious and decorative gelatin to accompany cold slices of lamb. Tradition has linked the flavor of mint with lamb in many ways. The addition of crushed pineapple and slices of cucumber to a mint gelatin raises it from the commonplace to the unusual. Needless to say, this appetizing luncheon combination is very appropriate for hot weather.

Mint-Flavored Cucumber and Pineapple Gelatin.

2 tbs. gelatin	2 tbs. pineapple juice
1/2 cup cold water	

5 tbs. sugar	1/2 cup diced cucumber
1/2 tsp. salt	4 tbs. lemon juice
1 1/2 cups boiling water	5 drops oil of peppermint
1/2 cup canned crushed pineapple, drained	Green coloring matter

Soak the gelatin in the cold water until soft, add to the boiling water with the sugar and salt, and stir until all are dissolved. Cool and add the crushed pineapple, diced cucumber, pineapple and lemon juice, oil of peppermint, and enough coloring matter to make the mixture pale green. Set the container in ice water, and stir until the gelatin mixture begins to congeal. Rinse a mold with cold water, coat it lightly with some of the clear gelatin, and place thin slices of cucumber in the bottom and sides. Then fill the mold with the rest of the gelatin mixture and let stand in a cold place until firm.