

WAYS TO PREPARE RICE WITH MILK

May Be Served as Breakfast Food or as Dessert.

(Prepared by the United States Department of Agriculture.)

Cook rice in water when you expect to use it as the starchy food at dinner, as an ingredient of various made dishes, such as stews or scalloped combinations, or in soups, cakes, or breads.

Cook it in milk when you wish to increase its food value. Its flavor, too, is enhanced when it is cooked in whole or skim milk or in half milk and half water. The rice will sometimes absorb as much as four times its volume of milk, so a cupful of rice and a quart of milk will result in a combination that is high in food value. Rice cooked in milk may be served as a breakfast cereal, or as a dessert with various kinds of fresh, canned or dried fruits.

You know how delicately creamy old-fashioned rice pudding is—the kind made without eggs—in which the thickening of the milk is done by long, slow cooking. The milk acquires a characteristic flavor. Another good rice and milk pudding is rice Bavarian.

The two recipes below are from Farmers' Bulletin 1195, "Rice as a Food," which contains many sugges-



Rice With Milk.

tions for preparing rice. Write to the United States Department of Agriculture for the bulletin, which is free. Old-fashioned Creamy Rice Pudding.

1 tbs. uncooked rice 1/4 tsp. nutmeg or cinnamon
1 quart milk 1 tsp. salt
1/2 cup sugar

Wash the rice, add the other ingredients, pour the mixture into a good-sized baking dish, and cook in the oven slowly for about two or three hours, stirring it frequently. If allowed to cook slowly the milk thickens to a creamy consistency and the rice swells to several times its original size. If double the quantity of rice is used, the mixture does not require such long cooking, as the rice in swelling thickens the liquid more rapidly, but the product is not so creamy.

Rice Bavarian Cream.

1/2 cup uncooked rice Nutmeg or cinnamon
4 cups milk Whites of 2 eggs
1 tbs. granulated 1 tsp. salt
gelatin dissolved 1/2 tsp. vanilla
in 4 tbs. cold 1/2 cup sugar
water

Wash the rice and cook it in the double boiler with the sugar, salt and milk until soft and thick, stirring it frequently. Soak the gelatin in cold water, stir it into the hot rice mixture, add the spice, and let the mixture cool. When nearly set, fold in the whites of eggs beaten stiff, stir in the vanilla, and turn the mixture into molds. Serve with whipped cream or with a custard sauce, dotted with tart jelly.

VEGETABLES AND MILK FOR HEALTH

Many Housewives Err in Cooking Too Much.

(Prepared by the United States Department of Agriculture.)

The housewife can buy health for her family through properly selected and prepared foods, according to Miss Louise Stanley, chief of the bureau of home economics in the United States Department of Agriculture. The whole program of this bureau aims at teaching just such wise buying for health, and then having bought for health the women are advised how to cook for health.

That many housewives make the mistake of cooking the good out of vegetables is the belief of Miss Stanley. "Already sufficient data are available to indicate the value of a short period for cooking vegetables. This group of foods is so valuable as a source of both vitamins and mineral constituents that stoves have been made to develop methods of cooking to preserve the food value and to develop the palatability of these important foods.

"The government support of the work of 27 home economic experts in solving just the everyday questions of housewives all over the country is a fact that is too little known, although many queries are received by the bureau from homemakers taking advantage of this government service.

"People want to know how to count calories, what foods to eat for calcium, iron and phosphorus, where to get vitamins," according to Miss Stanley. "These are the same questions the food workers of the national dairy council are asked," comments Mrs. Evelyn Burdick, of the national dairy council. "We do find, however, that the interest is turning largely from the importance of vitamins as being a better health measure. People all want to know how to get calcium into their bodies as a result of the publicity given to scientific research showing the importance of this element for tooth and bone structure in adults as well as children. A quart of milk every day and green leafy vegetables is not only the easy answer to the calcium question but also to the vitamin supply."

Two Recipes for Cooking Ham in Different Ways

Here are two ham dishes—one which utilizes the last of the cold cooked ham after it has been ground up—and the other suggesting a new way of cooking a slice of broiling ham. The bureau of home economics gives both recipes.

Ham Souffle.

2 cups scalded milk 2 cups finely ground cooked ham
2 tbs. butter 1 tbs. chopped parsley
2 tbs. flour 1 tbs. salt
3 eggs 1/2 cup dry bread crumbs
1/4 tsp. pepper Salt to taste

Prepare a cream sauce of the flour, butter and milk. Separate the egg yolks and whites and beat each well. Mix the bread crumbs, the yolks of the eggs, and the ham with the cream sauce. Add the pepper, salt and parsley. Fold in the beaten whites of eggs and turn into a greased baking dish. Bake for about 35 minutes at a medium temperature. Serve from the dish.

Rayon Found Useful

Use of rayon, the name commonly accepted for what was known as "artificial silk," has extended to practically all lines of fabrics and for many household furnishings such as curtains and draperies. Rayon is made from either wood pulp or cotton by chemical treatment which reduces the raw material to a sticky fluid. This fluid in turn is drawn out into a fiber by a machine that might be called a "mechanical silk worm."

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 October 21

CHRISTIAN STEWARDSHIP

LESSON TEXT—II Cor. 8:1-15; 9:6, 7. GOLDEN TEXT—First gave their own selves to the Lord. PRIMARY TOPIC—Glad Giving. JUNIOR TOPIC—Glad Giving. INTERMEDIATE AND SENIOR TOPIC—What Is God's Claim on Us? YOUNG PEOPLE AND ADULT TOPIC—Principles of Christian Stewardship.

I. Examples of True Christian Benevolence (II Cor. 8:1-5).

The liberality of these Macedonian churches exhibits practically every grand principle and motive which enter into the giving which has God's sanction. Observe:

1. The source of true giving (v. 1). This is said to be the grace of God, by which is meant that the disposition to give freely of our means is a disposition created by the Holy Spirit. This puts the Christian giving on a much higher plane than that which brings the people under the bondage of the law to give a tenth.

2. They gave from the depths of their poverty, not from the abundance of their riches (v. 2).

Their limited means did not cause them to restrict their gifts, but their deep poverty abounded into the "riches of their liberality." On the basis of this philosophy our poverty ought to be a call for greater generosity, for God has promised that if we give liberally He will give liberally in return.

3. Their willingness surpassed their ability (v. 3).

God's gifts are reckoned by the degree of willingness, not by the amount given (II Cor. 8:12; 9:7).

If such grace were to come upon the churches today, there would be an abundance of funds to carry on the Lord's work.

4. They were insistent on being allowed the privilege of giving (v. 4).

They did not need to be pressed into giving. How far we have departed from the apostolic method. Today we employ the shrewdest men in financial affairs that can be found to make appeals at our missionary meetings and the dedication of our churches.

5. They first gave themselves to the Lord (v. 5).

This is most fundamental to right giving, for when one gives himself to the Lord there is no reason for withholding his gifts. If one does not give himself to the Lord there will be the desire to retain as much for self as can be done within the bounds of respectability. The only right method of raising money for the Lord is first to induce men and women to give their lives to the Lord and then to give of their possessions.

II. Emulation of Macedonian Benevolence Urged (II Cor. 8:6-15).

Moved by the generosity of the Macedonian churches, Paul desired Titus to commend to the Corinthians the same grace. This grace he urged upon them, giving:

1. Not as a command (v. 8). It must be spontaneous—liberal.

2. As a proof of the sincerity of their love (v. 8). Love is more than mere sentiment; it is benevolent action toward the object loved.

3. As the completion and harmony of Christian character (v. 7).

The Corinthian church abounded in spiritual gifts such as faith, utterance, knowledge, diligence, and in love for their ministers. But the grace of liberality was needful for the harmony of their lives.

4. The self-sacrificing example of Christ (v. 9). Self-sacrifice is the test of love.

5. Because the true principles upon which gifts are acceptable with God is a willing mind (vv. 10-12). God does not estimate the value of a gift on the ground of its intrinsic worth, but the underlying motive of the giver.

6. Because of a common equality (vv. 13-15). Every Christian should give something. The law governing the gift is ability.

III. Encouragement to Give (II Cor. 9:6, 7).

1. The volume of reaping is based upon the sowing (v. 6). Those who sow sparingly cannot expect to reap bountifully.

2. There should be a heart purpose (v. 7). This calls for intelligence as to the object of giving.

3. Giving should not be of necessity (v. 7). No particular value accrues to the giver who gives through pressure.

4. God loves a cheerful giver (v. 7). The one who has the right understanding of his responsibility toward God with reference to temporal possessions will regard giving as a glorious privilege.

Has God to Reckon With

There is nothing that America needs any more than the realization that she has God to reckon with.—A. W. Tozer.

Faith of Adherence

When I cannot enjoy the faith of assurance, I live by the faith of adherence.—Matthew Henry.

The Bible

Do you ever thank God for the Bible?—The Shantymen.

PROSPERITY UNDER REPUBLICAN RULE

Figures Show Advancement in Eight Years.

Prosperity has been an extremely real matter to the American people during the last eight years. It was revealed with the publication of the textbook of the Republican national committee. The details are given in a special section of the book entitled, "Seven Years of Republican Rule."

Some of the more important accomplishments under Republican rule are: employment for an additional 10,000,000 workers, higher wages than ever before, 25 per cent increase in the price of agricultural products, and 73 per cent increase in savings deposits.

Fifty per cent more wage earners are taking out industrial insurance now than in 1921 and their policies are twice as large. American homes have doubled their purchases during the prosperity era, and the consumption of gasoline has increased more than 200 per cent during the administration.

New records for expenditures in recreation have been established under the principles of government which Herbert Hoover will continue if he is elected. The radio industry has jumped from nothing to the placing of 7,000,000 sets in American homes. Recreational visits to national parks have increased 120 per cent. Patronage of the motion picture industry has brought it to be the second industry in the United States.

Legislation sympathetic to business has brought benefits to it which rival the benefits the family has received. A gain of 270 per cent was recorded in monthly sales of motor trucks. There was a 31 per cent increase in the number of cars loaded every month and a gain of 126 per cent in the amount of building construction awarded.

The production of iron ore has doubled. Copper production is four times what it was under previous administrations. Food consumption has risen, as shown by the increasing demand for flour, pork and other staples. Home ownership has grown, and 9,000,000 homes have been equipped with electricity.

Six million telephones have swept away the barriers of time and distance. Fourteen million automobiles add to the enjoyment of life or speed industry and commerce. The purchasing power of wages has steadily increased and the use of electrical power in industry has doubled. The 12-hour day has been abolished and the job of every man is still secure.

Hoover's Interest in Workers of America

Herbert Hoover reaches the heart of labor's greatest problem when he goes after full-time employment for all workmen, John L. Lewis, president of the United Mine Workers of America, said in commenting on the attitude of the Presidential nominee as reflected by his address on labor at Newark recently.

"Mr. Hoover penetrates the heart of America's industrial and economic problem when he declares for full and stable employment for the workers of America," Mr. Lewis said. "His Newark address reveals his intimate and comprehensive grasp of the economic factors which are the everyday concern of the average American."

"His specific declarations in favor of high wages, free collective bargaining, restrictions on the use of injunctions in labor disputes, and tariff schedules protective of American labor will appeal to every thoughtful citizen."

"No less farsighted are his views on the continuance of immigration restrictions, further expansion of our foreign export trade and government assistance to the depressed textile and bituminous coal industries. The entire program is well thought out and has a wide appeal to those who know labor conditions."

Tariff a Vital Issue

Tariff bills originate in the house ways and means committee. Ogden L. Mills, undersecretary of the treasury, recently examined the record of the ten present Democratic members of the committee and found them to be, with a single exception, "low-tariff men." Naturally, since they are Democrats.

Let no Republican voter be deceived by Democratic tactics into thinking that the tariff is not one of the most vital issues this year. None is more important, unless the continuance of the country's industrial and commercial prosperity and the maintenance for labor of the highest wages in the world can be shown to be of no account.

No excuse can be offered for the disguised scurrillity with which Governor Smith is being assailed. It is no less dastardly, however, than efforts to blame Hoover for it.

Hoover Above Subterfuge

Every few days we notice where some one is apologizing for some statement of Governor Smith in his campaign. Recently his running mate in apologetic tone said that there was room enough in the Democratic party for men of different beliefs, and thus sought to bridge the wide gap between himself and Smith on the prohibition question. But no one has to apologize for Herbert Hoover's conduct or utterances. They are all above reproach.



HE KNEW HIS FAMILY

"Do you think being able to get motion pictures over the radio will help any in getting families to spend more time at home?" asked the Curious One.

"No," growled the father, "they would rather go somewhere and spend 50 cents to see them than stick around home and see them for nothing."

HAD BEEN PICKED



He—You're the sweetest flower that ever grew.

She—But don't forget that I've been picked before I ever met you.

Dawn

"Howdy, Old World," the robin sang at morn, To banish hours of watchfulness forlorn. A humble songster thus made bold to say "Here comes a new and far more radiant day."

Cruelty in the Home

"Now, what are the cruelty charges?" "My husband wanted me to get up in the middle of the night and cook breakfast for him."

"And what constituted the middle of the night?" asked the judge, who knew a thing or two himself. "Eight A. M."

Speech!

"We cherish freedom of speech," remarked the earnest citizen.

"Yet we must remember," said Senator Sorghum, "that the person who is neither very intelligent nor industrious is usually the one who has time to do the most talking."—Washington Star.

Desperate Remedies

Wife—Oh, John, I've discovered that the woman next door has a hat like mine.

Hub—Now, I suppose, you'll want me to pay for a new one.

Wife—Well, dear, that would be cheaper than moving.—Everybody's Weekly.

Good-By

Reggie—I mean to marry your daughter, sir, and what's more, I'm going to do it. Do you follow me?

May's Dad—Yes as far as the door.

WIDELY KNOWN



"Is she widely known?" "Is she? Known as about two and a half feet wide, I think."

Dull Repast

The dietitians bid us shrink From pleasures customary. A little we may eat and drink— But we must not be merry.

Compromise

"And how do you get on with your wife?" "I've a splendid working arrangement with her. In the morning she does what she wants, and in the afternoon I do what she wants."

Domestic Moses

"I understand that your wife thought of taking up law before she married you."

"That is so. Now, however, she's content to lay it down!"

A Gold Digger

"How does it come that daughter dates with a different boy friend every night?"

"Because no boy could afford to date with her more than one night a week," replied mother.

At First Onset

Daughter—Did you have many love affairs, daddy?

Soldier Father—No, child. I fell in the first engagement.—Everybody's Weekly.



For Distant and Near By Stations

CUNNINGHAM RADIO TUBES

Hard and Gnarled

Bishop Bristol said at a dinner in Washington:

"Old age mellow some of us, while others it makes hard and gnarled."

"Jethro, an aged woman said to her aged husband, 'we've lived together nearly fifty years now. Heigho, it can't last forever. It won't be long before one of us will have to go.'"

"Don't worry, Hannah," the old man soothed her. "Don't worry, my dear."

"No," she said, "but I was just thinkin', Jethro, that when it does happen I'd kinder like to live in Miami."

This Little Girl Got Well Quick

"Just after her third birthday, my little daughter, Connie, had a serious attack of intestinal flu," says Mrs. H. W. Turnage, 217 Cadwalder St., San Antonio, Texas. "It left her very weak and pale. Her bowels wouldn't act right, she had no appetite and nothing agreed with her."

"Our physician told us to give her some California Fig Syrup. It made her pick up right away, and now she is as robust and happy as any child in our neighborhood. I give California Fig Syrup full credit for her wonderful condition. It is a great thing for children."

Children like the rich, fruity taste of California Fig Syrup, and you can give it to them as often as they need it, because it is purely vegetable. For over 50 years leading physicians have recommended it, and its overwhelming sales record of over four million bottles a year shows it gives satisfaction. Nothing compares with it as a gentle but certain laxative, and it goes further than this. It regulates the stomach and bowels and gives tone and strength to these organs so they continue to act normally, of their own accord.

There are many imitations of California Fig Syrup, so look for the name "California" on the carton to be sure you get the genuine.

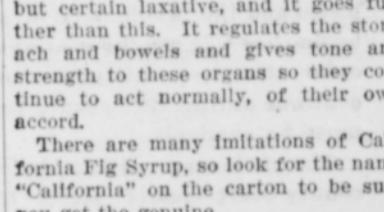
"Ship of the Desert"

A huge automobile designed by a German engineer for desert travel would be a veritable four-storied desert ship, carrying 150 passengers and having two Diesel engines, a wireless room, de luxe cabins, baggage room and a promenade deck.

"Merely Investigating"

"I say, did you have an accident?" "Not at all. Didn't you notice? I turned the car upside down to see what made the wheels go round."—Melbourne Times.

Thinking is but discovering the relations between things.



WHAT DR. CALDWELL LEARNED IN 47 YEARS PRACTICE

A physician watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation, known as Dr. Caldwell's Syrup Pepsin, is a mild vegetable compound. It can not harm the system and is not habit forming. Syrup Pepsin is pleasant-tasting, and youngsters love it.

Dr. Caldwell did not approve of drastic physics and purges. He did not believe they were good for anybody's system. In a practice of 47 years he never saw any reason for their use when Syrup Pepsin will empty the bowels just as promptly.

Do not let a day go by without a bowel movement. Do not sit and hope, but go to the nearest druggist and get one of the generous bottles of Dr. Caldwell's Syrup Pepsin, or write "Syrup Pepsin," Dept. BB, Monticello, Illinois, for free trial bottle.

FURNISHING SUN PORCH TO IMPROVE HOME



Arrangement of a Sun Porch in Virginia.

(Prepared by the United States Department of Agriculture.)

This pleasant sun porch was added to a farm home in Montgomery county, Virginia, as a part of the general improvement of the home carried out at the suggestion of the county extension agent. The door into the living room was formerly a window. No new furniture was bought, as the living room was fitted out with several refinished pieces from the attic and chairs were thus released for the sun room. New crocheted rag rugs were made, and the old hanging lamp bracket from the living room was pressed into service as it was no longer needed within doors. The simple valanced curtains relieve plainness without obscuring any of the welcome sunshine.