

**MAY REPRODUCE  
RADIO COOK BOOK**

**Recipes May Be Reprinted  
in Braille for Blind.**

(Prepared by the United States Department of Agriculture.)  
Radio casts a ray of light into the lives of the blind. Among the most enthusiastic radio listeners are the persons for whom the light has faded and who must depend upon touch and sound to "see" the world in which they live.

Now radio is teaming up with Braille, the special form of printing for the blind, just as radio and the usual sort of printing have gone together in educational programs for persons of normal vision.

"Aunt Sammy's Radio Recipes," a cook book issued by the radio service and the bureau of home economics of the United States Department of Agriculture, will be reprinted in Braille if the wishes of blind women listeners are followed.

"A group of blind women from different parts of Michigan who recently met at the biennial convention of the Michigan Association for the Blind, have asked to have 'Aunt Sammy's Radio Recipes' reproduced in Braille," Charles F. F. Campbell, director of the Detroit League for the Handicapped, has written the Department of Agriculture.

The league, which has a small fund for reproducing in Braille reading matter for the blind, is considering the publication of the radio cook book in special Braille edition for the blind readers. Some 185,000 copies of "Aunt Sammy's Radio Recipes" have been distributed to listeners of stations broadcasting the department feature for home makers—the "Housekeepers' Chat," a daily program supplied to some 100 co-operating stations.

**Spinach Timbales With  
Vegetables for Supper**

Timbales made with vegetables are suitable for a summer lunch or supper. Like all custard mixtures, timbales should be baked at low temperature. These directions for spinach timbales are from the bureau of home economics.

- 4 eggs
- 1 cup milk
- 1 cup finely chopped cooked spinach
- 1 tablespoon melted butter
- ½ teaspoon salt
- Dash of pepper

Hard-cook two of the eggs and chop fine. Beat the other two eggs, add the milk, cooked spinach, chopped hard-cooked eggs, melted butter, salt, and pepper to taste. Pour the mixture into greased custard cups and cook in a pan surrounded by water in a medium oven for 25 to 30 minutes. When set in the center, remove, and serve hot.

**Hot Food in Summer**

Few people are so foolish as to wear heavy clothing when the mercury mounts and mounts, but many eat food during hot weather which is just as out of place and inconsistent as would be furs and woolsens for this season, says the Farm Journal. Vary the meals with the changing weather. About the same amount of food is needed in summer as in winter, but it is better to serve less meat and more milk, cheese and eggs during this period. Plenty of vegetables are not only tempting when appetites lag, but healthful as well.

**WOOL CHALLIS IS  
GOOD FOR CHILD**

**Change to Warm Clothing  
Must Be Planned.**

(Prepared by the United States Department of Agriculture.)

Winter months, especially north of the Mason and Dixon line, mean weather so much colder that a definite change to warm clothing must be planned for all the members of the family, if they are to keep well and feel comfortable. Warm washable dresses may be made of some of the heavier close woven cotton fabrics such as pique or broadcloth. Light-weight wool material may be preferred. Washable wool challis, albatros, and wool georgette are all practical. While these materials will require washing from time to time



Simple Little Dress.

they stay clean several days if protected with aprons while at play and fewer garments are needed in the wardrobe.

The bureau of home economics suggests this simple little dress, made with raglan sleeves for comfort and width across the chest and back. Fullness is provided by taking four large pleats in front. The wide collar is in two parts. They are bound with a bias binding harmonizing with the colors in the fabric. Binding is also used on the cuffs. One button and a loop make the fastening. The material in this case is a wool challis having red and blue figures on a tan background. Since this dress does not have bloomers to match it is made two inches longer than if it were with bloomers of the same material. Separate bloomers of saffron or jersey harmonizing with the tan background of the fabric would be suitable.

**Egg Sandwich**

Mix hard-boiled egg, finely chopped, with mayonnaise dressing and spread on slices of buttered bread, preferably graham. Chopped olives may be added to the egg mixture if it is desired.

**The KITCHEN CABINET**

"The man who is original and progressive in his methods, who leaves the beaten track to push into new fields, who is constantly on the alert for the slightest improvement in his way of doing things, is the man who succeeds."

**ECONOMICAL DISHES**

The coarser cuts of meat if properly cooked will have more flavor and will be as tender as the choicest steaks.

**Casseroled Chuck Steak.**—Cut two slices of chuck at least two inches thick and large enough to fit the casserole. Brown well in a little suet, place in the casserole with enough vegetable stock or water to just cover. Cover closely and simmer until tender, putting into a moderate oven. When the meat seems quite tender add six small onions, the same number of carrots, and enough potatoes to serve the family; continue cooking until the vegetables are tender. Thicken the gravy and serve from the casserole.

**China Chili.**—Take two pounds of the neck of lamb, cut into small pieces. Soak one cupful of dried beans over night, drain, add the beans, one head of lettuce shredded, two sliced onions, salt and pepper to season. Add two cupfuls of boiling water. Simmer until the meat is tender, about three hours.

**Graham Bread.**—Take one-third of a cupful of sugar, one-fourth cupful of melted fat, mix well, add one and one-half cupfuls of sour milk, one-half teaspoonful of salt, three-fourths teaspoonful of soda, one-half cupful of white flour, two cupfuls of graham flour, two teaspoonfuls of baking powder. Beat well and bake one hour in a well greased bread pan.

**Corn Pudding.**—Take a can of corn, one egg, one-half cupful of this cream—or milk with butter—may be used. Mix well, dot with small pieces of butter and bake twenty minutes. Add such seasonings as desired and serve with chicken, either stewed or roasted.

**Chicken With Rice.**—Stew a fat fowl until nearly tender then add one cupful of rice, cook slowly until the rice has absorbed all the broth. Season well and serve heaped around the fowl on the serving platter.

Sweet potato cakes are prepared in the same way and are delicious served with chicken.

**Have a Crustie.** Pastry for crusties of all kinds is prepared as usual with the exception of the water. Fruit juices are used instead.

**Apple Crusties.**—Prepare the pastry, using orange juice and a bit of the grated rind for added flavor. Cut the pastry into rounds, squares, diamonds or oblongs and bake until crisp and well done. Crusties should be served the same day they are baked, or else reheat them in a hot oven, for if they have lost their crustiness they are not crusties.

For the sauce for the top of these crusties, take one cupful of chopped apple, two tablespoonfuls of brown sugar, a salt spoonful of nutmeg, a half teaspoonful of cinnamon, two tablespoonfuls of minced raisins, the whole moistened with one-third cupful of orange juice. Cook until the apples are soft. When cool spread on the crusties, adding a bit more sugar and a grating of orange rind. Serve with cheese, cut into long strips and piled in log cabin fashion.

**Peach Crusties.**—A rich pastry is desirable for these crusties and they may be made of either fresh, canned or dried fruit.

Mix a cupful of peach pulp, two tablespoonfuls of orange juice, three tablespoonfuls of granulated sugar and one teaspoonful of cinnamon. Simmer this mixture for ten minutes. Spread it on the crusties and cool. Apricots may be used instead of peaches but substitute a little nutmeg for the cinnamon. Orange juice is used in making the crust. A half marshmallow or a preserved green gage plum may be pressed into each apricot crustie to make it even more delicious.

**Tutti Frutti Crusties.**—Chop together equal portions of dried figs, dates, raisins, candied cherries and walnut meats. To one cupful of the mixture add one tablespoonful each of brown sugar, butter and one-half cupful of lemon juice. Put this mixture on the stove and cook for fifteen minutes very slowly. When thick enough to spread remove from the heat and cool. Cut crusties into various shapes, spread with a thin covering of the rich mixture and bake in a quick oven. Mix the crust with lemon juice.

Another fruit topping may be prepared with chopped dates, figs or raisins with sugar and orange or lemon juice.

**Cherry Crusties.**—To one cupful of fresh or canned cherries add two tablespoonfuls of sugar; if canned use half the sugar, cook, cool and press one-half a marshmallow on each crustie before baking, after spreading with the cherry mixture. The pastry for these is made with lemon juice. They may be covered after the pastry is baked or before, if served soon after making.

**Improved Uniform International  
Sunday School Lesson**

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.)

**Lesson for November 4**

**WORLD'S TEMPERANCE SUNDAY**

**LESSON TEXT**—Romans 13:1-14.  
**GOLDEN TEXT**—Love worketh no ill to his neighbor, therefore love is the fulfilling of the law.

**PRIMARY TOPIC**—Obedience to Law.  
**JUNIOR TOPIC**—Obedience to Law.  
**INTERMEDIATE AND SENIOR TOPIC**—Reasons for Prohibition.  
**YOUNG PEOPLE AND ADULT TOPIC**—Standing for Law Enforcement.

**I. The Christian's Obligation to the State (vv. 1-7).**

The believer in Christ is a citizen as well as a Christian. Intelligent Christians will be loyal to the state as well as to the church. Failure to recognize this has brought Christianity into disrepute in many quarters.

1. Obedience to rulers (vv. 1-4). This obligation is upon all Christians. The reason is that civil government is ordained of God and rulers are His representatives. To refuse obedience to civil authority is to resist God. This does not mean that a Christian at the behest of the state should do that which is inherently wrong. Submission to rightly constituted authority is the law of the believer's life, not only because God is the source of civil authority, but because it was ordained for beneficent ends.

2. The spirit in which the Christian renders obedience to rulers (v. 5). He should regard it as his obligation, not merely because it serves a good purpose, but because it is morally right. It is a conscientious obligation to obey lawful rulers.

3. Method of expressing this obedience (vv. 6, 7).

(1) In the payment of personal and property taxes. The citizens who enjoy the benefits of government is morally bound to support it.

(2) Payment of duty upon merchandise and license fees.

The business exchange between nations must be regulated. For such regulations expense is incurred, for which benefit the citizen should pay.

(3) Veneration of magistrates ("fear to whom fear").

Those who have the fear of God in their hearts will venerate their rulers, God's representatives.

(4) "Honor to whom honor." This means that civil officers should be honored because of their service.

II. The Christian's Obligation to His Fellow Citizens (vv. 8-10). This is summed up in the word "love." This obligation is perpetual. The only debt which is right to owe is that of love. The discharge of this obligation forbids:

(1) Defrauding in matters of property (v. 8).

(2) It forbids going into debt with no certainty of being able to meet one's obligation.

(3) It forbids defrauding in matters of moral purity (v. 9). Where the life is under the power of love, adultery cannot be committed.

(4) It forbids murder.

(5) It forbids stealing.

(6) It forbids coveting.

(7) It forbids the working of any ill to one's neighbor.

III. The Supreme Motive Governing the Life of the Christian (vv. 11-14). The attitude of the Christian is that of eager expectancy. There is no time for slumber or indifference. The time of salvation is drawing near. The salvation here mentioned is not that which we obtain in justification and sanctification, but is that which we get when our redemption is completed in glorification at the second coming of Christ. Redemption is threefold:

1. Justification through faith in the blood of Jesus.

2. Sanctification through the obedience of the Word.

3. Glorification, when the fullness of redemption shall be realized at Christ's second coming.

The reasons for this attitude of expectancy are that the night of Christ's absence is far spent and the day of His glorious appearing is at hand. The proper conduct in view of this is:

1. To put off the works of darkness (v. 12), which are revelling, drunkenness, chambering, wantonness, strife and jealousy. The child of light will not walk in drunken carousals, will not practice licentious acts and debauchery, neither engage in strife, nor be under the spell of jealousy.

2. Put on the armor of light (v. 12). The figure here is of the Roman soldier who arose from sleep and put off his slumber robes and put on his gleaming armor.

3. Put on the Lord Jesus Christ (v. 14). This means to enthronate Jesus Christ as the Lord of the life, to bring the life under His control.

**Be Thou an Example**

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity.—Paul.

**The Lord Dwells There**

Every home may be a vestibule of heaven because the Lord dwells there.—A. C. Dixon.

**Fighting and Praying**

He fights best who prays best.—J. W. Lee.



**VICTIM OF THE TIMES**

Tramp—Yes'm, lady, women was the cause of me present condition. The Lady—Just in what way? Tramp—Well, ya' see, ma'am, I used to earn a good living selling hairpins, and when the dames took to bobbing their hair me business dwindled down to nothing and I had to take to the road.

**APPLIED OTHER NAMES**



Neighbor—Your huband is very frank—calls a spade a spade, I guss? Mrs. Suburban—Sometimes; but not when he's digging post holes for our new fence.

**Zero in Things to Be**

We'd hate to be a crook Who's always being bounded; And hate to be a drum That's always being pounded.

**One on the Tightwad**

Mary—He ran into a streak of tough luck on account of his stinginess the other day. Ella—What happened to him? Mary—Well, you know he saved the first dollar he ever earned and the other day he spent it, and now he's mad because a dollar isn't worth its full value.

**Ideal Sport**

Knicker—There's a fellow that is never bothered or troubled by his tenants. They never even kick about the rent. Bocker—Lucky fellow. Where's his property? Knicker—A cemetery on the edge of the town.

**Business Tabooed**

Daughter of Wall street broker, on a fishing trip with her father—Oh, father! I bear! Broker (watching his bobber)—Tell him I can't see him. I positively will not talk business.—Wall Street Journal.

**For Instance**

Ikey—Fader, vot do they mean by a "lofty ambition"? His Father—Vell, mine son, it might be an ambition to own von of dem fifty-story buidings.—Boston Transcript.

**DID IT WITH HIS LUNGS**



Nervous Wife—My, John, how can you breathe that way! Husband (fat, wheezy and irritable)—With my lungs, of course!

**Unappreciated Menu**

For proper bait I was inclined; The price I paid was plenty, sure; I hung around for hours to find A fish that was an epicure.

**Poor Fellow**

Appel—Poor old Bob Grimm! Another good man gone wrong in his old age. Alden—What's the matter? Has he robbed or murdered some one? Appel—Oh, no—much worse than that. He's taken to golf.

**Keeping Them Wet**

Asfit—How do you remember to water the plants when your wife is away? Tellit—I keep them in the bathtub.

**Saving Her Face**

"I refused Jack time and time again and now he's saved me from drowning." "I suppose you succumbed at once." "No; I had the presence of mind to pretend it was attempted suicide."

**Sufficient**

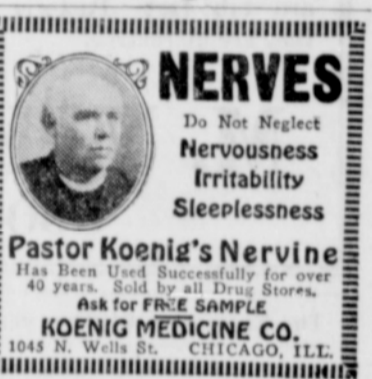
"How did your wife happen to take that new girl without a reference?" "She didn't. The way she referred to her last mistress was quite sufficient."



**Makes Life Sweeter**

Too much to eat—too rich a diet—or too much smoking. Lots of things cause sour stomach, but one thing can correct it quickly. Phillips Milk of Magnesia will alkalize the acid. Take a spoonful of this pleasant preparation, and the system is soon sweetened.

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**The Highroad**

Bernard M. Baruch, discussing success, said at a luncheon in New York: "Julius Rosenwald, the mail order king, imputes his success to luck. I would impute it to pluck, or whatever the quality is that makes a man fight on the harder, the more he is knocked down and kicked about." Mr. Baruch paused a moment; then he said impressively: "Failure is the highroad to success."

**Bum Cloth**

Mr. Hewitt—From his conversation one would gather that he was a tailor. Mr. Jewitt—I don't get you. Mr. Hewitt—Always talking about cloak of friendship and mantle of charity. Social uplift—the lorgnette.

**On the Job**

Janitor—It's time to go home—what are you waiting for? Clerk—I'm waiting for the woman who said she'd look around a little and come back later on.

**If Kidneys Act Bad Take Salts**

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water seals and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink. Drink lots of good water.

**TESTING CIRCLE SHOWS VALUE OF CLEANER**



Comparing Value of Two Vacuum Cleaners.

(Prepared by the United States Department of Agriculture.) One activity which has been popular in connection with home demonstration club meetings is that of the "testing circle," by which the merits of various kinds of household equipment can be tried out under home conditions. Labor-saving devices of all sorts interest the farm homemaker, and if she can have an opportunity to see whether a given article answers her special needs she is in a position to buy with more assurance. Sometimes manufacturers or retailers send their articles to a home demonstration club to be tested, and sometimes they offer to have a woman interested in their product purchase one and try it in turn by those interested. A woman is comparing two vacuum cleaners before making her selection.

Nellie Maxwell