

LIGHT DEVELOPS BAD MILK FLAVOR

Defect May Be Due to Any of Several Causes.

(Prepared by the United States Department of Agriculture.)

Sunlight—nature's cure-all for many ailments—is bad medicine for milk. Milk kept in the "outdoor icebox" or on the window sill sometimes develops an off flavor that has been described as a "cardboard taste" having an odor like drying linseed oil. Such a defect may be due to any of several causes, but one of the most common causes, according to Dr. William C. Frazier of the bureau of dairy industry, United States Department of Agriculture, is ordinarily light. The light apparently acts as a catalyst in the oxidation of the milk fat, he says.

That light is essential for the development of the cardboard taste has been demonstrated recently by Doctor Frazier in a series of tests in which duplicate sets of samples of milk were prepared, one of which was exposed to daylight and the other placed in the dark. In all cases the samples kept in the dark developed no off flavors or odors, even after seven to nine days at near freezing temperatures, whereas the samples kept in the light at the same temperatures developed the characteristic cardboard odor and taste after 20 to 48 hours of which 8 to 20 hours were daylight.

Further tests showed that the cardboard taste is not due to the cardboard cap, and that it develops in the cream or in whole milk and not in skim milk. Furthermore, milk from cows that had received no oil feeds was found to be just as susceptible when exposed to light as that from cows that consumed large quantities of oil feeds.

Consumers are cautioned to keep milk in the dark, even when temperatures in the light are near freezing, to avoid the development of cardboard taste and linseed-oil odor.

ROMPERS SUITABLE FOR WINTER WEAR

None More Easily Made Than Print Shown.

(Prepared by the United States Department of Agriculture.)

Among the various practical designs in rompers suitable for children of three or four years old, there is none more easily made than the romper of colored print shown in the illustration. It is cut with wide, short, raglan sleeves which may be extended to the wrist if preferred. The neck is flat, outlined by a shaped band of plain contrasting material, carried to the bottom of the front opening. Plain material is also used to finish the sleeves and pockets and to make



Rompers for Four-Year-Old.

The loose leg bands into which the rompers are slightly gathered at the sides.

White piping outlines the colored bands and adds to the decoration. Three large flat buttons, easily managed by little fingers, are used for the front fastening, while in the back two buttons at each side keep the drop seat in place.

This romper may be made from any ordinary romper pattern with raglan sleeves. The bureau of home economics, which designed this adaptation, does not have patterns to distribute. It will be noticed that the legs are cut slightly higher on the sides to prevent them from slipping down over the knees.

The Kitchen Cabinet

(By Rev. P. B. Fitzwater, D.D., Dean Moody Bible Institute of Chicago.)

"The day is cold and dark and dreary; It rains and the wind is never weary; The vine still clings to the old stone wall And at every gust the dead leaves fall And the day is cold and dreary."

DISHES FOR CHILLY DAYS

With the chilly days one enjoys hot dishes, even if simple, as a part of each meal. A hot drink or soup will rest and warm one after a walk in the brisk air.

With the variety of canned soups on the market there can be no excuse for going

without a dish of the warming fluid for luncheon or dinner. The liquor from a boiled dinner is one of the most tasty of soups. Put it away in the ice chest after serving the vegetables and meat and the next day warm it up for a luncheon dish. The rest may be chopped and served as hash on another day.

Fresh Fish Chowder.—Into a deep kettle place three or four thick slices of salt pork cut into quarter-inch dice, brown and fry out all the fat. Into this fat put three or four sliced onions, six sliced potatoes and cover with boiling water; let cook a few minutes, then add fresh, uncooked fish which has been well boned, if possible, and finish cooking until both fish and vegetables are done. Cut the fish into small pieces so that it will not need long cooking. Season well with salt and pepper and add a quart of good rich milk, cream and all. When hot place one or two milk crackers (which have been scalded to soften) in the soup dish and serve with the chowder. This is a most appetizing dish made with salt codfish—just soak the codfish and add it broken into bits to the hot stew, then add the milk.

Pigs in Blankets.—Cut thin slices of bacon into halves. Dry large oysters and wrap each in a slice of bacon; skewer with a toothpick. Lay on a towel to thoroughly dry them just before they are cooked. Brown in a hot frying pan and put two "pigs" on each square of buttered toast when serving; garnish with parsley. The gravy from the pan is thin but delicious; pour a bit over each piece of toast.

Cheese Custard.—Spread slices of bread with butter and place in a baking dish. Sprinkle each slice with finely cut rich cheese; when the dish is sufficiently full pour over a pint of milk to which two eggs have been added, salt and cayenne to taste. Bake until the dish puffs like an omelet and serve at once.

A Series of Salads.

A salad is always in season and always popular, from luncheon to supper. Here are a few that are good standbys:

French Cream Potato Salad.—Dice four cupfuls of cold cooked potatoes and three stalks of celery, mix with three tablespoonfuls of chopped onion, two teaspoonfuls of salt, one-eighth teaspoonful of paprika and the same of pepper; add one-fourth cupful of vinegar and allow to stand fifteen minutes. Heat one cupful of cream, two tablespoonfuls of butter and pour over the potatoes, mixing well with a fork. Serve cold.

Shrimp Salad.—Drain a pint can of shrimps rinse with cold water and remove the dark viscera. Break in good-sized pieces and dress with French dressing. Chill for two hours and add one small bottle of stuffed olives, twelve tiny sweet pickles sliced and two tablespoonfuls of pickled pearl onions. Prepare six green peppers to form cups and stuff with this mixture. Serve garnished with lettuce and a spoonful of mayonnaise.

Potato Salad.—Chop one small onion and add to a salad bowl, add two and one-half teaspoonfuls of salt, pepper to taste, and one-half cupful of diluted vinegar; let stand ten minutes. Slice four cupfuls of hot potatoes, cooked in their jackets and mix thoroughly. Add three tablespoonfuls of olive oil, two slices of bacon fried and diced and the bacon fat from the frying; add one tablespoonful of minced parsley, two hard-cooked eggs and three cooked beets that have been chopped. Arrange on lettuce and garnish with the beets.

Favorite Salad.—Combine two cupfuls each of diced potatoes and beets, one-half cupful of diced cherkins and one-fourth cupful of minced olives. Marinate with six tablespoonfuls of oil and three of tarragon vinegar for one hour. Drain off the oil and cover with one-half cupful of French dressing. Arrange on crisp lettuce and garnish with eighth of hard-cooked egg and fresh tomatoes.

Orange and Pecan Salad.—Remove the skin from one banana, cut into quarters lengthwise and again crosswise. Roll in chopped pecan meats. Peel two oranges, cut into slices and remove the center of each slice. Insert a cube of banana in the center of each slice. Arrange on lettuce, sprinkle with chopped pecans and French dressing.

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 November 25

THE PRAYERS OF PAUL

LESSON TEXT—Acts 20:36-38; Rom. 1:18-19; Eph. 1:15-23; 3:14-21.

GOLDEN TEXT—Rejoice always; pray without ceasing; in everything give thanks.

PRIMARY TOPIC—Paul Prays for His Friends.

JUNIOR TOPIC—Paul Prays for His Friends.

INTERMEDIATE AND SENIOR TOPIC—Paul as a Man of Prayer.

YOUNG PEOPLE AND ADULT TOPIC—The Place of Prayer in Paul's Life.

His prayer life most really reveals the character of a man. Paul's prayers explained the power and efficiency of his wonderful ministry. The careful study of these prayers will give us strength, guidance and peace as we go about life's duties. The prayer meeting, believers getting together to pray, has characterized the Christian church throughout its history.

I. Paul's Prayer with the Ephesian Elders (Acts 20:36-38).

Having met with these elders and pointed out to them the perils which confronted them and set forth their responsibility, he knelt down and prayed with them before going to Jerusalem, where bonds and afflictions awaited him. They all wept sore and fell on Paul's neck and kissed him, knowing that this was to be the last sight of him. When believers pray and weep together, they will definitely work together.

II. Paul Praying for the Romans (Romans 1:8-10).

1. He thanked God for their world-famed faith (v. 8). The true minister has no greater occasion for gratitude than the knowledge of genuine faith possessed by followers of Christ.

2. He prayed for them continually (v. 9).

Knowing the far-reaching influence of the church at Rome, he unceasingly prayed for them that their influence might be most widely felt.

3. His supreme burden in prayer was for a successful journey to Rome (v. 10).

He desired to visit Rome in order that he might impart some spiritual gift to the believers there and also to receive some spiritual help from them. The true minister receives a reflex blessing from those to whom he ministers.

III. Paul Praying for the Ephesians.

1. For knowledge concerning Christ (Eph. 1:15-23).

He besought God that the believers at Ephesus might know (1) The hope of their calling (v. 8). Unfaithfulness on the part of believers is frequently due to their lack of a true understanding of their calling. The right understanding of the Christian's hope will make steadfast the lives of believers. (2) The riches of the glory of God's inheritance in the saints (v. 18). It is marvelous to know that the saint has an inheritance in God, but it is more marvelous that God has an inheritance in the saints. (3) The greatness of Christ's power to usward (vv. 19-23). This mighty power was demonstrated in the resurrection of Christ from the dead. The same power which gave the victory over the grave is available for believers.

2. For strength (Eph. 3:14-21).

This prayer was made to God who is the Father of His great family in heaven and in earth. He prayed that the believers might be strengthened with might in their inner man, with the object of being indwelt by Christ. If Christ is to be entertained, the temple needs the divine strengthening. Where the house is strong enough, Christ will come and abide. Likewise, that they might be rooted and grounded in love (v. 17). This establishment in the love of Christ is needed by all so as to prevent them from being turned aside by every wind of doctrine. Also, that they might comprehend the love of Christ (v. 18). This love is wonderful in its dimensions—in its depth, breadth, width and height, it transcends human understanding—the object being the fullness of God (v. 19). This does not mean that the believer can hold God, but that he can be so related to God that the infinite resources are at his command.

Immortality

Who does not feel that it would change everything if he believed with his whole soul in his immortality? It would supply him with a totally new standard of values. Many things which the world prizes and pursues he would utterly despise, and many things which the world neglects would be the objects of his most ardent pursuit.—James Stalker.

The Bible

The Bible is the most thought-provoking book in the world. No other deals with such grand themes.—Herbert Johnson.

Makes Us Comforters

God does not comfort us to make us comfortable, but to make us comforters.—J. H. Iowett.

Most Sacred Art

The most sacred art that the soul can engage in is prayer.—A. W. Tozer.

LIFE'S LITTLE JESTS

UP AGAINST IT

"Why the tears?" asked Elsie of the lace department.

"I'm weeping for that woman's husband," snapped Elsie of the silk department as she began getting the stock back on the shelves. "She nearly drove me looney trying to please her in the hour she was here, but think of the poor dub who's got a job of trying to please her seven days a week, year in and year out."

A Typical Patriot

"You say he is a typical American patriot, but what do you mean by that?"

"That he hangs out the flag on holidays if reminded of it, hums the national anthem after the second line, forgets to register and kicks about the men the others have voted into office."

HE WAS TOO SLOW

"Could I kiss you good night?"

"Gosh! I begin to doubt it."

The Accused

Oh, I shall be, till Gabriel's trump, Nostalgic for some distant dump; And ever doomed to weep me dry For some lost mediocre guy.

An Untouched Reserve

The Guest—Do you think there are many fish in this lake?

The Landlord—There ought to be a lot of 'em. Nobuddy ever ketches any out of it.

Knew the Symptoms

Wife—John, dear, I felt I must come to the office. I suddenly had such a longing to see you.

Husband—And did you bring the bill as well?

SOMETHING WRONG

"Say waiter—this fish—"

"Yes, sir. Jes' bought today, sir!"

"Perhaps so my dear man, but was it at a remnant sale or something?"

Futile Advice

If you were I and I were you, We'd tell each other what to do, And then in disappointment sigh, The same as just plain you and I.

Ten Dollars Needed

Mrs. Benham—The doctor wants to try the X-rays.

Benham—He will have to wait until I raise the XX.

His Clever Trick

Friend—Tell me your secret of success. How have you obtained so many patrons in such a short time?

Dry Goods Merchant—I got a parrot and trained it to cry out, "Oh! isn't she lovely?" every time a lady entered the store.

Needed

"I am willing," said the candidate, "to trust the people."

"I wish you'd open a grocery store," said the little man in the audience.

Luxury Enough

The Middle-Aged Man—My dear, think of the diamonds, automobiles and good times we are going to have if you marry me.

The Girl—I suppose a rich father can do the same for me. Please do marry my mother.

Heard and Not Seen

"I hear your neighbors have a new solarium in their house."

"Goodness, maybe that's the awful thing we hear 'em playing on."

Any Woman Can Look Stylish

By MAE MARTIN



Most stylish-looking women are just "good managers." They know simple ways to make last season's things conform to this season's styles.

Thousands of them have learned how easily they can transform a dress, or blouse, or coat by the quick magic of home tinting or dyeing. Anyone can do this successfully with true, fadeless Diamond Dyes. The "know-how" is in the dyes. They don't streak or spot like inferior dyes. New, fashionable tints appear like magic right over the out-of-style or faded colors. Only Diamond Dyes produce perfect results. Insist on them and save disappointment.

My new 64-page illustrated book, "Color Craft," gives hundreds of money-saving hints for renewing clothes and draperies. It's Free. Write for it now, to Mae Martin, Dept. E-143, Diamond Dyes, Burlington, Vermont.

Jazz Has a Place.

Nothing has done so much good for music in its way, says an authority on music in the Woman's Home Companion, as good jazz because it has stirred up a rhythmic vitality and removed a cloying sentimentality which threatened to enshroud music at the end of the last century.

Girl at the Top in Health Test

Millions of boys and girls all over the world, thousands of them right here in the West are being restored to health and strength by the purely vegetable tonic and laxative known as California Fig Syrup and endorsed by physicians for over 50 years.

Children need no urging to take it. They love its rich, fruity flavor. Nothing can compete with it as a gentle, but certain laxative, and it goes further than this. It gives tone and strength to the stomach and bowels so these organs continue to act normally, of their own accord. It stimulates the appetite, helps digestion.

A Kansas mother, Mrs. Dana All-gie, 610 Monroe St., Topeka, says: "Bonnie B. is absolutely the picture of health, now, with her ruddy cheeks, bright eyes and plump but graceful little body and she stands at the top in every health test."

Much of the credit for her perfect condition is due to California Fig Syrup. We have used it since babyhood to keep her bowels active during colds or any children's ailments and she has always had an easy time with them. She always responds to its gentle urging and is quickly back to normal."

Ask your druggist for California Fig Syrup and look for the word "California" on the carton so you'll always get the genuine

The Unpardonable Crime.

New Arrival—Here, here! What's the trouble?

Bystander—They're running Jones out of town; he was caught minding his own business.

Chief Mourner.

Mrs. Smith seems to have got over the death of her first husband."

"Yes, but her second husband hasn't."—London Tit-Bits.

Longest Roadway.

The Lincoln highway is the longest road in the world. It has a length of 3,331 miles.

"AS NECESSARY AS BREAD"

Mrs. Skahan's Opinion of Pinkham's Compound

Saugus Centre, Mass.—"I have taken 10 bottles of Lydia E. Pinkham's Vegetable Compound and would no more be without a bottle in the house than I would be without bread. It has made a new woman of me. I used to be so cross with my husband when I was suffering that I don't know how he stood me. Now I am cheerful and strong and feel younger than I did ten years ago when my troubles began."—MRS. JOHN SKAHAN, 29 Emory St., Saugus Centre, Mass.

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Scalloped Smoked Fish and Egg Is Good Dish

Any of the smoked fish with large flakes may be used, but finnan haddock makes a particularly good dish of scalloped fish. The bureau of home economics tells how to prepare it.

1 1/2 cups flaked smoked fish 4 to 6 hard-cooked eggs, sliced
2 cups milk 1/2 cup bread crumbs
4 tbs. flour 4 drops tabasco
4 tbs. butter

Stir the bread crumbs into two tablespoonfuls of the butter, melted. Prepare a cream sauce of the remaining butter, and the flour and milk. Grease a baking dish and put in a layer of fish, then egg. Pour over this the cream sauce, and continue until all of these ingredients are used. Sprinkle the buttered bread crumbs over the top, and bake in a quick oven until the sauce bubbles up and the crumbs are brown.

RASPBERRIES PAY FOR MANY CONVENIENCES



Folding Conveniences in the Kitchen.

(Prepared by the United States Department of Agriculture.)

Where there's a will there's a way. Mrs. Devoe of Worcester county, Massachusetts, was determined to make her kitchen more convenient after she had talked with the home demonstration agent about the improvements needed. She realized that considerable extra planning and work would have to be done, especially as the suggested improvements would require an expenditure of about \$150. So Mrs. Devoe concentrated on her own special source of income—her raspberry patch. From the sale of her fruit she earned enough to carry out her cherished plan. Most of the work she did herself.

with an electric plug for the iron conveniently placed. A drop shelf nearby becomes a work or lunch table when wanted, but it is out of the way when access to the flour barrel or pantry shelves is needed. Mrs. Devoe put in a new sink, drainboard and wash tub on the other side of the room, a cupboard for china, and convenient drawers for supplies and linen. She has plenty of hot water now because she put a paper packing around the tank in the hot water closet. Everything is painted white.

It is by such improvements as these that the farm woman is making her work easier, brighter and more interesting. Extension workers in every state are pointing the way to labor-saving arrangements and equipment.