

CONVENIENT FOLDING BREAKFAST TABLE



Using Drop Shelf as Breakfast Table in Remodeled Kitchen.

(Prepared by the United States Department of Agriculture.)

The home demonstration agent, who is breakfasting with this farm woman in Massachusetts, is trying out one of her own suggestions—the use of hinged conveniences in a very small kitchen, to save space. This dropped table can be folded up and hooked to the wall when it is not needed, but when a hasty meal is being served or an extra surface is wanted for preparing food or serving a number of individual dishes it can be very useful. When there are only two for breakfast, and perhaps the housewife is alone for lunch, even a dining alcove is hardly necessary, and this little folding device answers every purpose. The ironing board, similarly hinged to the wall, is let down only when necessary.

The KITCHEN CABINET

“Rise with the lark, and with the lark to bed”
Observes some solemn, sentimental owl;
Maxims like these are very cheaply said;
But, ere you make yourself a fool or fowl,
Pray just inquire about his rise and fall,
And whether larks have any beds at all.
—John Godfrey Saxe.

DIFFERENT GOOD THINGS

When preparing a mayonnaise dressing add when serving it a little whipped cream and one or two hard-cooked eggs chopped fine. A little chopped onion with seasoning also adds to the dressing. Serve on plain leaf or head lettuce as it may be preferred.

Piquant Sandwiches.—Cream together one cream cheese and two tablespoonfuls of peanut butter. Chop one hard-cooked egg very fine, add one chopped sour pickle and a tablespoonful of chopped green pepper, add salt and pepper and spread on buttered bread.

Savory Sandwiches.—Brown in one tablespoonful of oil one-half cupful of blanched almonds. Chop fine. Season well with salt, paprika and add two tablespoonfuls of chopped pickles and one tablespoonful of chutney. Spread bread or crackers with cream cheese, or an equal quantity of cottage cheese; sprinkle with the almond mixture. For a vegetable dinner try:

Carrots and Onions.—The forehanded housewife when the garden carrots were pulled for thinning canned many of the little new vegetables for winter use. Reheat a can of these small carrots and season well with butter with a dash of lemon juice. Heap them in the middle of a large chop plate. Arrange around the buttered carrots six rounds of toasted and buttered bread. On the bread place three or four small onions which have been well seasoned with salt, pepper and butter. Pour over each a tablespoonful of hot cream and serve.

Green Peppers With Oysters.—Take six medium-sized green peppers, wash and dry them, then toast over the heat, turning frequently. Scrape off the blistered skin, holding them under running cold water. Remove the seeds and cut with scissors in long strips. Mince one small onion. Melt three tablespoonfuls of butter, add the minced onion and green peppers and let them brown slightly. Add two tablespoonfuls of flour and when well mixed two cupfuls of milk, a little at a time. Wrap a thin slice of bacon around each oyster, using one and one-half dozen and fasten with toothpicks. Place under the broiler flame and cook until the bacon is crisp and brown. Arrange the green pepper mixture in the center of a hot deep platter and surround with the oysters. Or the oysters may be placed on buttered toast.

Art of Sandwich Making.
The choicest of food may become unattractive by the careless way of serving it. The making of sandwiches is an art and certain rules should be followed if satisfactory results are to be obtained.

First the bread used should be at least twenty-four hours old. It should be cut into even, thin slices.

Butter should be creamed before trying to spread it and it should be spread evenly and thin on the slice and quite to the edge.

Lunchbox, picnic or hot sandwiches are left with the crusts on; for afternoon tea they are removed.

If circles are to be used, save waste by baking the bread in circle loaf pans.

Square loafs are best cut into strips, squares or triangles.

The filling should be carefully mixed, not too moist to make the sandwiches soggy.

Spread the filling evenly and not too thin.

Lettuce, cucumber or sandwiches with fillings of that kind should be prepared very shortly before serving.

When using meat remove all gristle fat and dry edges and put through the meat chopper. Season well and moisten with a little salad dressing, melted butter or chili sauce.

Very thinly sliced meat spread with salad dressing may be used as filling.

If sandwiches are to be kept any length of time put into the refrigerator after wrapping in a damp cloth. When packing for lunchbox or hiking trips wrap in paraffin paper.

Rolled Celery Sandwiches.—Cut bread into one-fourth-inch slices from rather fresh bread. Spread with softened butter of tender celery into lengths the width of the slices. Fill the stalks with thousand island dressing. Place a stalk on the edge of the slice of bread and roll up. Place the damp napkin and leave twenty-four hours. The rolls should keep their shape.

Wasted Food.
“With only 5 per cent of the 28,750,000 American homes having refrigerators, and with only 20 per cent of these using refrigeration all the year, housewives in the United States waste \$700,000,000 in food annually through spoilage,” according to an engineering official who figures spoilage at 10 cents per day for most families. Were it possible to check the needless waste it would be found that values would be sufficient to feed one of the major nations of western Europe.

Improved Uniform International

Sunday School Lesson

(By REV. P. H. FLETCHER, D.D., Dean Moody Bible Institute of Chicago.)

Lesson for December 23

PAUL'S LAST MESSAGE

LESSON TEXT—11 Timothy 4:1-18
GOLDEN TEXT—1 have fought a good fight, I have finished my course, I have kept the faith.

PRIMARY TOPIC—Paul's Last Message to His Friends
JUNIOR TOPIC—Paul's Farewell to His Friends
INTERMEDIATE AND SENIOR TOPIC—The Christian's Goal
YOUNG PEOPLE AND ADULT TOPIC—Paul's Victorious Faith.

I. Paul's View of Death (v. 6).
It is:
1. An offering (v. 6). “I am ready to be offered.” This specifically meant a drink offering—a libation. This figure shows that Paul was looking forward to a violent death. The shedding of his blood was to be an offering poured out upon the sacred altar as an act of worship. Death can only be an offering to God when the life has been wholly yielded to the doing of God's will.

2. A departure (v. 6). “The time of my departure is at hand.” The same idea is expressed in Philippians 1:23. “Departure” is a nautical term which signifies the loosing of a ship from its moorings, in order to enter upon its voyage. It is not the end of the voyage, but its beginning. It indicates that the vessel is outward bound. The anchor is being lifted and the sails are being spread for the homeward.

II. Paul's Backward Glance at Life (v. 7).
God has a definite purpose for each life. Life should be so spent that at its close one can look back with the definite consciousness that that purpose has been accomplished. This backward look is presented in three figures:

1. “I have fought a good fight.” The figure here is that of a soldier. The Christian life is a warfare—conflicts, dangers and temptations must be met. As a soldier, the Christian must fight and overcome all these courses.

2. “I have finished my course.” The figure is that of an athlete who sets out to win a race. The Christian life is a race to be run; we must not only begin the race, but persistently run to the end.

3. “I have kept the faith.” The figure is that of a husbandman to whom had been entrusted a treasure. This treasure was the Christian faith.

III. Paul's Forward Look to the Future (v. 8).
1. He saw before him a life with God. Fellowship with God is a prize greatly to be desired.

2. A prize was laid up for him—a crown of righteousness. This award will be given at the coming of the Lord to all who love His appearing (v. 9-12).

IV. Paul's Associates (vv. 9-12).
Paul was a very lonely man, though faithful to God. To be alone in the world is likely to be the experience of all who follow hard after God.

1. Demas the renegade (v. 10). Demas has become immortalized as one who was religious, but because of the attractions of the world he went after it. The love of the world caused him to turn his back upon principle, friendship, honor and duty.

2. Luke the faithful (v. 11). What a comfort it must have been to have with him this one faithful soul! Perhaps he was the best fitted of all to minister unto Paul.

3. Mark the restored runaway (v. 11). Mark had gone back, but he was restored. We do not know how long a time elapsed between his running away and his restoration.

V. Personal Matters (vv. 13-18).
1. Bring the cloak, books and parchments (v. 13). In the jail the cloak would be needed for his comfort. The books and parchments would be needed for his study and writing.

2. Alexander the coppersmith (vv. 14, 15). We have no way of determining just when the coppersmith did him much evil. It was given as a warning to this young minister, Timothy.

3. Defended by the Lord though forsaken by men (vv. 16-18).
Paul in his last trying hours was much like his Lord—left alone. He said, “All men forsook me.” It was said of Christ, “They all forsook him and fled.” Paul manifests a like spirit, “I pray God that it might not be laid to their charge.” Christ said, “Father forgive them for they know not what they do.” Though it was wrong for them to leave him alone, he not only forgave them, but prayed that the Lord might forgive them.

For Religion's Sake

I say the whole earth and all the stars in the sky are for religion's sake.—Walt Whitman.

A Faithful Man

A man of faith is one who trusts God. A faithful man is one whom God can trust.—D. I.

Christian's Commission

Why run? Suffering is a part and parcel of the Christian's commission.—J. W. Lee.

From on High

Power from on high made those sunburned fishermen irresistible.—J. W. Lee.

Community Building

Consider Harmony in Selection of Colors

Selection of the colors for the exterior of a house requires careful study of surroundings. Houses which stand out prominently respond best to the most simple treatment. Neutral grays or drabs, with lighter gray or ivory white for trim, give satisfactory results. Ornamental work of all kinds should be kept in harmony with the body color. When a house hides among the trees and shrubs, light colors come into their own. Bright colors on an exposed house give a bare look.

When houses are grouped closely together the colors of those nearby must be considered. If the house next door is yellow, yours shouldn't be bright green. Don't try to make yours different. It's up to you to do your share to make both houses appear to best advantage. If you painted yours a creamy gray body color with ivory white trim and green roof, you would be doing well by yourself and your neighbor. Two wrongs in color selection never make a right.

A house between two others painted in strong colors should adopt a neutral hue. Try to make your color blend into or bridge over the other two colors. There are many ways in which color questions can be solved, but it is best to look carefully before you choose. An atrociously colored house is more than an individual mistake—it is a crime against the good taste of a neighborhood.—Cleveland Plain Dealer.

Wisdom in Spending When Building House

The reasonable economies in home building should start at the very beginning. First, commission a competent architect to plan your house. To use a common expression, lay the cards on the table, tell him exactly what you want to pay and what you want in your house. Let him tell you about the materials he plans to use and then have him “diagnose” the case. The average architect really takes as much pride in producing a good house as he does in the money received, and you can rest assured that he would rather lose some money in commission and turn out a good structure than the other way about, declares a writer in the Philadelphia Ledger.

He really has the interest of your house at heart, and when he makes suggestions it is not because he wants you to do something you don't want to do; it is only because he thinks it is for your best interests.

You can't make a silk purse out of a sow's ear, as the saying goes, and you can't get a well-constructed house out of poor materials. Spend wisely and well, and you will find that when the house is completed it will measure up to every expectation and then some.

Home Always Big Asset.

The satisfaction of life and contentment with government in any civilized country are measured largely by the extent of home ownership. Anything that endangers the welfare of the home endangers the welfare of the government; contrarily, anything that aids in the development of the home, makes for stability of government.

Frequently the only asset of much value in a man's estate, which he leaves to his family, is a home, and this is often sufficient to carry the family through. A home is the best security against poverty in old age. The desire to own a place of your own is the most common desire of man.

Profitable City Planning.

What sane, farsighted and economic development can do for a community is no better exemplified than in that residential area of the Border cities, South Windsor.

There one will see the acme of correct city planning carried out to the ultimate benefit of all. Aside from the wide, paved boulevards and streets which abound in the South Windsor district, the size of individual lots is at once inviting and attractive to the prospective home owner. Nowhere in the district is a lot with less than 40 feet, many hundreds of the building plots exceeding this width by generous margins.—Detroit News.

True of Most Communities.

If we have a good administration of affairs by public officials we never take the trouble to tell them. If we have an unusually large number of public-spirited men who are working for the betterment of our local conditions, we seldom ever give them even faint praise.—Canby (Ore.) Herald.

Brass Piping.

The difference between the cost of brass pipe and galvanized iron or steel pipes is so little as to be almost negligible. In the long run the former will probably cost less.

Proper Color Harmony.

Wire fences of either the woven or chain link type may now be given a permanent color in any desired shade of green or brown to harmonize with the home entourage.

CAP AND BELLS

BY ANY OTHER NAME

A motor car manufacturer had adopted the plan of naming his cars after flowers.
“I was thinking of calling my car the Crimson Rambler,” he told a friend.

“The friend, who had been out in the new car, replied unkindly: “Way not call it the Virginia Creeper?”

HE RAN A CAR



“Does your son run a business?”
“No, he makes a business of running a car.”

Where He Stands

The man who weds a widow finds to his surprise alas! too late, that she's the captain who reminds him that he's only second mate.

Frankness

“What do you suggest for a campaign issue?”
“Relativity,” answered Senator Sorghum.
“But so very few people understand it.”
“True. But they are willing to admit the fact and go on about their business.”—Washington Star.

Publicity

Uncle Tobe was taking the editor of the Plunkville Palladium to task.
“You say I was seen on a cracker box in front of the grocery every day last week.”
“Well?”
“Is that a sin?”
“What's the trouble with you, Uncle Tobe? That's society news.”

Too Rough

Liner Passenger—What's the matter?
Steward—The captain is seasick.
Passenger—Nonsense!
Steward—Yes, one of the flapper passengers has been teaching him the Charleston.

First Come, First Served!

Wife—I'll meet you at the theater at 8:15.
Hubby—All right, the midnight show suits me, too.

THE LONGEST POSSIBLE



“What steps would you take if you saw a ghost suddenly rise in your path?”

Different Method

Results in contrast fortune quotes
For life's endeavor, here and there,
The prima donna sings her notes,
I write mine, with laborious care.

Methuselah's Sister

Jenkins—Miss Beggs is much older than I thought.
Tompkins—How's that?
Jenkins—I asked her if she had read Aesop's Fables, and she told me she'd read them when they first came out.

It Should

He—You know, dear, we have had our new home just 12 months.
She—Gracious! And it seems like a year.

That in Its Favor

Blinks—The buggy ride seems pretty tame now when you look back on it.
Jinks—Yes, but you never had a blowout to interrupt your courting in those days.

Clothes and the Man

He—The Blyths must be awfully rich, judging by the clothes they wear.
She—Not necessarily. Some of the most gorgeous flowers haven't got a scent, you know.

MAKE ALL SCHOOL DRESSES SIMPLE

Fussy or Fragile Frocks Prevent Childish Play.

(Prepared by the United States Department of Agriculture.)

Possibly no task gives a mother more real enjoyment than selecting or making the dresses worn by her small daughter when she is between three or four and ten. Sometimes the mother herself feels once more like a little girl with a doll to dress, and she takes so much pleasure in planning her “doll's” wardrobe that she allows her imagination to run riot. The little girl, too, has ideas about frills and ruffles and fancy decorations she has seen on other children's clothes. The result is often an elaborate, over-trimmed, impractical set of dresses which not only give much work in the making but also in “doing up.”

Dresses that are too fussy or too fragile for everyday wear prevent a child from indulging in normal active play, and make her too conscious of herself and her appearance; or else they are soon dirty and dragged and much less pleasant to look at than plain, sturdy play suits. Another unfortunate point, too, is that the frocks that make a little girl look like a dressed-up doll are not really in good taste except for “dressup” occasions. If worn to school the child is likely to be criticized rather than admired.

The bureau of home economics, United States Department of Agriculture, has been interested in designing dresses for the little girl that can be easily made and laundered, that are comfortable to wear, pleasing to look at, and easy to put on and take off. Even a three-year-old can learn to dress herself if the fastenings are few in number, with large, findable buttons, placed in front. It is not necessary to choose dull, uninteresting colors, for there are many gay, fast-colored cotton prints available that appeal to any little girl. In winter time they may be replaced by warm washable challies in similar designs. Plain colors, too, are good in such materials as broadcloth or poplin.

Mexican Bean Salad Is Sufficient for Lunch

Kidney beans may be served in a salad after they have been cooked in the usual way, the bureau of home economics suggest. The combination of ingredients below makes a fairly hearty dish, sufficient for lunch.

- 1 pint dried kidney beans, 1/2 tsp. salt.
- 1 pint chopped celery, 1/2 tsp. paprika or chili powder.
- 1 tbs. minced onion, 2 tbs. lemon juice.
- 1/2 cup chopped nuts, 2 tbs. oil.

Wash the beans and soak them in two quarts of cold water overnight. Add one-half teaspoonful salt and cook them in the water in which they were soaked until they are tender but not broken. Drain and cool the beans, then mix with the celery, onion and nuts. Blend the oil, lemon juice and salt and pour over the mixture. Chill thoroughly and serve on crisp lettuce.

Salt Absorbs Water.

In a crowded dining car the other day a luckless little four-year-old boy upset a glass of water. While his embarrassed young mother with a baby girl in her arms tried to remedy the damage, the kind waiter said “neva mind mam” and began to shake salt all over the damp linen. “What will that do?” asked the mother. He explained that the salt will absorb most of the water and then be brushed off, scarcely leaving a trace of the accident.

ACIDS IN FRUITS HELP NUTRITION

Research Work Carried on in Recent Years.

Fruits have been recognized increasingly in recent years as important items of diet, in part because it has been discovered that they are excellent sources of vitamins. However, the fruits have other important constituents, notably the acids, on which constructive research work has been done in recent years by chemists in the United States Department of Agriculture.

Citric acid and malic acid, usually both in the same fruit, have been found to be the principal fruit acids. The acidity of oranges, lemons, grapefruit, limes, and most of the berries is due almost entirely to citric acid; apples and quinces owe their sour tang almost entirely to malic acid, while peaches, apricots, and pears have a mixture of the two. The blackberry acid is called isocitric, and E. K. Nelson, of the bureau of chemistry and soils, describes this as a “peculiar fruit acid not found elsewhere in nature. Isocitric acid is closely related to citric acid, possessing the same empirical formula but a different structure.”

In a table giving the acidity of more than a score of fruits, Mr. Nelson records that the tamarind, with 8 per cent acidity, is the sourest fruit, more than twice as acid as the lemon, with 3.88 per cent. The tamarind's acidity is due almost exclusively to tartaric acid. The grape is the only other fruit with a considerable content of tartaric acid.

Rice Patties Nice With Creamed Chicken or Fish

As a basis for creamed chicken or fish, rice patties are dainty and palatable. Leftover rice may be used if it is packed in a mold before it is cold, or you may cook the rice especially for patties, if you allow sufficient time for it to mold. The recipe from the bureau of home economics:

- 1 cup rice, 2 tsp. salt.
- 2 quarts boiling water.

Wash the rice through many waters, or under running water until it runs clear. Drop the rice slowly into the rapidly boiling salted water, and cook until the grains are soft when pressed between the fingers. To prevent sticking to the kettle, lift the rice occasionally with a fork. When the rice is tender, drain, and press into a layer about one and one-half inches thick in a greased shallow pan. Cut into rounds three or four inches across with a moistened biscuit cutter. If desired the rice may be allowed to stand in the shallow pan over night before cutting (Place the rounds of rice on a greased baking sheet and pour melted butter over them. Brown on both sides in the oven or under the flame in the broiling oven.

Wasted Food.

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Nellie Maxwell