

WINTER MENUS FOR COMMUNITY DINNERS



Gathering at a Community Supper.

(Prepared by the United States Department of Agriculture.)

Church suppers and community dinners are better than they used to be, despite all the laments we hear about the "good old days." No one will question though the excellence of the pies, cakes, and other rich viands that were brought to these old-time gatherings. The trouble was, they were too good and too much of a kind. Calorics were not reckoned with, but overloaded digestive systems had to be—the next day.

Nowadays the committee of women in charge of the community meal meets beforehand. The menu is talked over and planned, keeping in mind cost and facilities for cooking, keeping foods hot or cold during serving, and handling the crowd quickly. Then each person is made responsible for certain dishes and serving arrangements. Plenty of everything—not an oversupply of pickles and a shortage of bread—is thus assured. The meal is a model, too, from the nutrition standpoint and is as well-balanced and wholesome as any at the family table.

In winter there is sure to be a hot meat and vegetable or fruit combination, celery or slaw, if salad cannot be managed, plenty of milk for the children, rolls or some other attractive breadstuff, tart relishes, or jellies and just enough dessert to top off the meal.

One committee intent on having everything up to a high standard not only planned the menu, but chose and distributed recipes for the main dishes. Consequently, when the foods were assembled from various houses,

holds, they were all equally good and nobody was disappointed.

As a center for the menu at a community meal, the bureau of home economics suggests the following:

American chop suey, made with finely shredded pork or chicken, combined with onions, celery, green peppers, and raw Jerusalem artichokes. This should be served with flaky boiled rice and perhaps fried noodles. A fruit cup with ginger pears or preserved ginger would be excellent for dessert.

Meat pies—large or individual, depending on the available crockery—made of chicken, pork, veal, lamb, or beef, with gravy and vegetables.

Sausage turnovers served with hot or cold slaw. The turnovers are made by cooking small sausage-meat cakes until done, then folding them within rounds of pastry in semicircular shape and baking them.

Sausage cakes on slices of fried pineapples served with hot hominy grits.

Meat loaf, either hot or cold, served in slices. It may be made of beef, fresh pork, or veal and should be accompanied by a well-flavored sauce or relish.

Hot hamburger or roast beef toasted sandwiches with vegetable salad.

Fricassee of rabbit or chicken on hot biscuits.

Roast spare ribs with apple dressing and sauerkraut.

Fish, clam, or oyster chowder, containing potatoes and served with crackers.

Stuffed boned shoulder of lamb or fresh pork with browned potatoes.

WASHABLE DRESS FOR YOUNG GIRL

Children Soil School and Play Clothes Easily.

(Prepared by the United States Department of Agriculture.)

Many mothers find it practical to keep their children in washable outfits the year around, since children soil their school and play clothes very easily, and necessitate frequent laundering of their little dresses and suits.

Even in rather cold climates, with a knitted union suit underneath and a sweater for days when the house temperature is below normal, a cotton bloomer dress is found quite satisfactory for indoors wear.

Long sleeves and a more close-fitting neckline are the chief changes to

CONVENIENCES FOR HOME EASILY MADE

Few Simple Tools and Ability to Use Them Needed.

(Prepared by the United States Department of Agriculture.)

Various labor-saving conveniences for the farm home may be made at small expense by anybody who has a few simple tools and the ability to use them. Most of these help save the time and energy of the housekeeper or add to her comfort, to the economical management of her household, or to its sanitation.

Among the most useful of these homemade conveniences described in Farmers Bulletin 927-F, by Madge J. Reese, of the office of co-operative extension work, are the kitchen cabinet, the fireless cooker, the dish drainer, the serving table or wheel tray, the folding ironing board, the iceless "refrigerator," the cold box, the fly trap, and the cook-stove drier or evaporator. These conveniences have been developed in the course of home demonstration work for farm women, in different parts of the country, and have been found successful. Attention is called to the importance of having the heights of working surfaces suited to the worker, and a method of raising the height of a kitchen table by means of fitted blocks under the legs is suggested.

Labor-saving equipment for butter-making and cheese-making is included, and directions for installing a supply of clean running water in the farm kitchen. A number of suggestions are made regarding cleaning utensils which save time and make the work easier, such as having a bucket with an attached mop wringer, having a square board about, using a long-handled dustpan, an oiled floor mop, and many other accessories.

The bulletin, which is a revision of an earlier publication, is free upon application to the United States Department of Agriculture, Washington, D. C.



Winter Dress for Little Girl.

be found in winter dresses for the little girl of from four to ten years of age. The little dress in the illustration is made of a simple red-and-white cotton print, with white plique or linen collar, cuffs, and leg-bands on the bloomers. It was designed by a specialist in children's clothing in the bureau of home economics. The epaulet shoulder, in which the yoke is cut in one with the sleeve, is used to give plenty of width across the chest. Extra fullness is gathered on to the yoke extension of the sleeve. Another good type of sleeve for a growing child is the raglan, which might have been used in this case if desired. While the neck is sufficiently high for winter weather it is not tight-fitting.

The KITCHEN CABINET

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

For a good dinner and a gentle wife, you can afford to wait—From the Danish.

A good wife and health are man's best wealth.—From the Hebrew.

TASTY FOODS

Croquettes are such tasty food and may be prepared beforehand, so that they require little attention at the last, or may even be reheated in the oven if preferred.

Chicken Croquettes—Take three cupfuls of chopped chicken, one green pepper, also chopped, one cupful of bread crumbs, three beaten eggs. Add seasoning to the mixture and form into balls. Roll in egg, dip into crumbs and fry in deep fat.

Tongue Bouchees—The usual foundation for bouchees is a small slice of bread fried in butter, and as they are served cold they may be prepared hours before serving. After frying the bread cut into rounds or oblongs, lay on soft paper to absorb the fat.

Cover the bread with a star of tongue. Lay on top of the star thinly sliced dill pickle in log cabin fashion and crown with a sprig of watercress.

Baked Lamb Cutlets—Mince three chicken livers and cooked chicken breast to make one cupful, add one cupful of crumbs, five tablespoons of cream, one-fourth teaspoonful of salt and a little pepper. Spread over the cutlets, place a thin slice of bacon on each, roll up and tie. Sprinkle with buttered crumbs and bake, basting frequently.



Sweetbread Salad—Cook one pair of sweetbreads, cut into half-inch cubes and add the same amount of cubes of boiled tongue. Add a little aspic jelly and place on ice. Mash two hard-cooked egg yolks, add salt, pepper, mustard, one teaspoonful of sugar, one tablespoonful of olive oil, two tablespoonfuls of vinegar and four tablespoonfuls of thick cream. Serve over the meat on lettuce.

Lamb Patties—Grind two pounds of shoulder of lamb. Form into cakes, wrap a strip of bacon around each and fasten with a toothpick. Fry in a hot pan, season when well seared and serve with pan gravy.

Honey Doughnuts—Take two eggs, two tablespoonfuls of butter, one and one-half cupfuls of honey, one cupful of sour milk, one teaspoonful of soda, three cupfuls of flour, two teaspoonfuls of cream of tartar. Mix and chill before rolling. Doughnuts made with honey are light, soft and do not dry out as do those made with sugar.

Opportune Dishes.

As chestnuts are so well liked, one always welcomes something different in chestnut dishes.

Chestnut Salad—Boil three dozen large chestnuts for twenty minutes, then plunge into cold water and remove the thin brown skins. Cut into quarters, add salt and a dash of cayenne, four tart apples cut into dice, a little dark meat of a turkey or duck, two tablespoonfuls of chopped pickle and heap on lettuce. Serve with French dressing.

Chestnut Patties—Beat one egg, add one cupful of confectioner's sugar and one cupful of ground chestnuts, five tablespoonfuls of flour and one teaspoonful of baking powder. Beat and drop by spoonfuls on baking sheets. Dust with sugar and cinnamon and bake in a hot oven.

Chestnut Pudding—Cook in boiling water one pint of shelled chestnuts; when tender, drain, chill and remove the brown skins. Mash and put through a sieve. Beat one-fourth pound of sugar and four tablespoonfuls of butter. Add four beaten egg yolks, one-fourth pound of bread crumbs and the chestnut puree, one cupful of milk, the juice and grated rind of a lemon. Beat fifteen minutes. Fold in the stiffly beaten egg whites, turn into a buttered mold and steam forty-five minutes. Serve with cream and sugar.

Pennsylvania Spice Cake—Beat to a cream one-half cupful of butter and one cupful each of brown and white sugar, add three well-beaten eggs, one-half cupful of sour milk with one teaspoonful of salt, the same of cloves and allspice, two cupfuls of seeded, chopped raisins. Drop by spoonfuls on a buttered baking sheet and bake in a moderate oven.

French Salad—Take one can of drained peas, add one pint of finely cut celery, one cupful of blanchéd walnuts, one cupful of tart oranges. Toss lightly and garnish with celery leaves. Serve with mayonnaise.

Sugar Cookies—Cream one-half cupful of shortening and one cupful of sugar. Beat one egg until light and add one-fourth cupful of milk. Add this to the sugar mixture with one-half teaspoonful of vanilla. Sift two cupfuls of flour with one teaspoonful of salt and two teaspoonfuls of baking powder. Add more flour if needed. Roll into rolls and place on ice.

Sour Cream—Sour cream should be cherished. Dressing made from it is ideal for cucumber and other salads and, just seasoned, it is tasty on lettuce.

Nellie Maxwell

Improved Uniform International
Sunday School 'Lesson'

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

Lesson for January 13

SIN

LESSON TEXT—1 John 1:5-2:6.

GOLDEN TEXT—If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

PRIMARY TOPIC—Grieving God.

JUNIOR TOPIC—Grieving God.

INTERMEDIATE AND SENIOR TOPIC—What Sin Is and Does.

YOUNG PEOPLE AND ADULT TOPIC—Sin and Its Consequences.

There is much disparity between the subject and the Scripture unit selected for study. Since the plan is to present the subject topically, using the many texts, it is proper that we should first give a definition of sin.

The etymology of the word translated sin in both the Hebrew and the Greek signifies "to deviate from the way—to miss the mark"; therefore a going aside. Failure to measure up to a standard is sin. Sin is also the transgression of the law (1 John 3:4). The positive meaning then is that sin is a transgression of the law. Deeper than all this is the condition of the soul, out of which all thought and actions spring. This is called by Paul concupiscence (Rom. 7:7, 8).

I. The Origin of Sin (Gen. 3:1-24).

Man was placed on probation in the Garden of Eden. This was necessary because Adam was created with the possibility of character, but not with character. This he could get only through testing. Free will, alternative choice, which Adam possessed as a creature bearing the likeness and image of God, made character possible and inevitable.

Character is the resultant of choice. The means used was most simple. God issued just one prohibition. Alongside the tree of good and evil was the tree of life. Satan, a personal being, appeared in the guise of a serpent. He insinuated doubt into Eve's mind and appealed to innocent appetite. She gazed upon and lusted after that which God had forbidden. Following this, she involved Adam in her sin. From this account we see that sin originated, so far as the race is concerned, in the free choice of the head of the race, and through the law of heredity has passed upon all mankind.

II. The Universality of Sin (Rom. 3:10-18).

By the use of numerous quotations from the Scriptures, Paul proves that every member of the race is guilty of sin. He does not admit of an exception.

III. The Fate of Sinners (Gen. 6:5-8).

The disobedience of man greatly displeased God and He resolved to destroy man from the face of the earth. God's nature is such that sin must be punished.

IV. The Source of Sin (Mark. 7:14-23).

All evil thinking and practice spring out of the heart of man. The heart stands for the very center and foundation of the personality. The reason men think vile thoughts is because of their vile nature, which is the result of original sin.

V. The Sins of Believers (1 John 1:5-2:6).

1. How perceived (v. 5).

God is here declared to be light. Therefore sin is perceived through the glorious light of the Divine being. No one can see God without seeing himself a vile sinner. To claim fellowship with God while walking in darkness is the lie of life.

2. The Divine remedy for sin (v. 7).

It is the blood of Jesus Christ. Without the shedding of blood there is no remission of sin.

3. The believer's responsibility (v. 9).

It is to confess his sin. It is only when we are conscious of our sins in the light of God that we are disposed to make confession of them.

4. God's grants forgiveness and cleansing (vv. 9, 10).

Because of His provision in the atonement of Jesus Christ, God is able on the basis of justice to forgive the sinner who confesses his sin. Because of His faithfulness in dealing with His children on the basis of the finished work of Christ, He not only forgives, but He cleanses them from all sin.

5. Christ the believer's advocate (2:1, 2).

For believers to sin is not necessary, but the advocate who champions his cause in case of sin is the Lord Jesus Christ Himself, who on Calvary's cross made a propitiation for his sin.

6. Christ's followers obey Him (v. 5).

Those who have experienced God's saving grace render obedience to His Word.

The Love of Christ

A stream can rise no higher than its source. It takes the love of Christ coming into a man's heart to raise him above himself, sweep away the sins he cannot conquer, and fill him with peace and power.

Health

Wealth is a weak anchor and glory cannot support a man; this is the law of God, that virtue only is firm and cannot be shaken by a tempest.—Pythagoras.

CAP AND BELLS



KNEW DAUGHTER'S HOURS

"John! John! Come get up. It's way past time," exclaimed his wife digging him in the ribs.

"How you know? 'Larm hasn't gone off yet," he growled, sleepily.

"I know, we forgot to wind it, but I just heard daughter coming in," she replied.

"Dern it," he growled, "I've overslept again and I got the devil yesterday for being late."

No Resemblance.

She had taken her husband shopping, and when she saw him gazing rapturously at a beautiful mannequin she was angry.

She threw down the frock she had been inspecting and grabbed her husband by his coat sleeve.

"Herbert, you never look at me like that!"

"No. But then, you never look like that yourself."

NATURALLY HORND IN



"That girl's always horning in." "Well, her father's a cowboy and she was raised on a ranch."

Case of Reduction

Hundreds each morning behold Along the highways stalking! Many are walking to reduce, More are reduced to walking.

Obvious.

Novice (seeking free advice from the club professional)—I have a habit of continually getting into the rough, thereby spoiling my score. Can you tell me how I can play a smoother game?"

"Pro"—Certainly—keep on the fair way!

Quick Flight.

The meek little man was walking back from the funeral of his big and masterful wife. Suddenly a dislodged slate whirled down and landed with a resounding crack on its head.

"Gosh," he murmured, looking up "Sarah must have reached Heaven already."

HAD NICE TIME



Alice—Gosh! I had a fine time in night. Ted—Shame on you.

Mary's Little Dress

Mary had a little dress, A dainty bit and airy; It didn't show the dirt a bit, But, gosh! how it showed Mary!

A Finished Job

Mrs. Hammer-Knox—I claim to be very fair minded. I always investigate a person's character before condemning it.

Her Best Friend—Of course you do dear. You can then condemn it so much more thoroughly.

Late-Hour Model

Mrs. O'Brow—My husband's car is the latest car out, you know.

Mrs. Cutter—Yes, so all the neighbors say—and every night, too, at that, my dear.

Anyone Miss a "Lift"?

Customer—I've a pain in my chest. Every now and then something seems to rise up inside me and then settle back.

Humorous Druggist—You haven't gone and swallowed an elevator, have you?

Rejoinder

Porter—Did you miss dat train sub?

Traveler—No! I didn't like to see it around, so I chased it out of the yard.

TO RESIST THE ATTACK—of colds or grippie—but your system and your blood in order. Build up your health with that splendid herbal tonic, Dr. Pierce's Golden Medical Discovery, which has stood the test of sixty years of approval.

The air we breathe is often full of germs, if our vitality is low we're an easy mark for colds or pneumonia.

One who has used the "Discovery," or "G M D," writes thus:

Spokane, Wash. "Whenever I get tired, weak and all run down, or my strength is all gone, I take a bottle of the Golden Medical Discovery and it brings back my strength, builds me up and makes me feel like a new person. It not only acts as a tonic but stimulates and builds up the blood. I always recommend the 'Golden Medical Discovery' as a tonic and blood builder."—Mrs. J. J. Kraus, 323 N. Helena St. Fluid or tablets. All dealers.

Write Dr. Pierce's Invalids Hotel in Buffalo, N. Y., for free advice.

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Quick Relief! A pleasant, effective syrup—3c and 6c sizes. And externally, use PISO'S Throat and Chest Salve, 35c.

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Restores Color and Beauty to Gray and Faded Hair.

FLORESTON SHAMPOO—Ideal for use in connection with Parker's Hair Balsam. Makes the hair soft and fluffy. 50 cents by mail or at drugstores. Ilseco Chemical Works, Patongue, N. Y.

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Muscle-Bound

Maisie—He's got a lot of culture, hasn't he?

Mae—Yes, but it's all physical.

Cold Need Cause

No Inconvenience

Singers can't always keep from catching cold, but they can get the best of any cold in a few hours—and so can you. Get Pape's Cold Compound that comes in pleasant-tasting tablets, one of which will break up a cold so quickly you'll be astonished.—Adv.

Missed Death by Inches

The life of a fourteen-months-old boy who was attempting to crawl across the railroad tracks at Kansas City, Kan., was saved when an approaching train was stopped just as the front end of the engine extended over the boy. The baby, raising his head suddenly to see what all the commotion was about, bumped his head on the engine and started to cry, but his mother soon consoled him.

A Gaining Religion

Mohammedanism is sweeping down over Africa rapidly. This religion has a great appeal to the natives' adoration of ceremony and dress. The first thing that happens when a village has turned Mohammedan is a general order to kill all pigs.

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.

W. N. U., PORTLAND, NO. 2-1929.