

COMMUNITY PICNICS CAFETERIA STYLE



Community Picnic, Cafeteria Style

(Prepared by the United States Department of Agriculture.)
The time-honored community picnics that featured cakes, pies and other rich foods and left children and grown-ups alike with indigestion the next day, have been abandoned in many parts of the country in favor of the picnic with a balanced menu. Such a picnic tastes better, is easier to prepare, and leaves everybody happy. It requires some planning ahead, however. Instead of suggesting that each homemaker bring what she happens to think of to the community picnic, a menu is decided on by a committee, and then each woman is asked to prepare some one or two dishes. Then when all the parts of the meal are assembled it is well proportioned and carries with it a real lesson in meal planning.

erally be brought in good condition if the distance is not too great. Here are some that might be brought: casseroles; meats; stews; creamed chicken, chopped beef, eggs, or fish; meat loaf; scalloped potatoes, or other vegetables. A fire can almost always be managed for heating up soup which has been made beforehand or for cooking bacon, frankfurters, or steak. Almost any kind of a fruit, vegetable, or meat salad can be served at a picnic. It is oftentimes better to bring the different foods in separate containers and mix them with the dressing just before the salad is to be served. To go with such a salad bread and butter is better than elaborate sandwiches. Many different kinds of bread can be used for variety, however: Rolls or biscuit made with white or graham flour; date, nut, or raisin bread; rye bread, Boston brown bread, and so on.

POINTS ON USING PRESSURE CANNER

Certain Things Ought to Have Good Attention.

(Prepared by the United States Department of Agriculture.)
Perhaps you are canning with a steam pressure canner for the first time this year. There are certain points about operating it which ought to be given attention, says the United States Department of Agriculture in Farmers' Bulletin 1473-F, "Canning Fruits and Vegetables at Home."



Exercise Caution in Operating a Steam Pressure Canner.

the rack that holds the jars. Be sure that there is enough to prevent boiling dry during processing. When the canner has been filled, adjust the cover and fasten securely. In case the cover is fastened by several clamps fasten moderately tight those opposite each other, one pair at a time; then go back over the whole set and tighten each pair. See that no steam escapes anywhere except at the pet cock. Allow the pet cock to remain open until steam escapes from it in a steady stream for at least three minutes, indicating that no air remains inside. Then close the pet cock so that only a trace of steam can escape. Some persons prefer to close the cock entirely, particularly with small canners in which a great loss of steam is to be avoided because of the danger of boiling dry.

HOUSEHOLD NOTES

A sand pile is ideal for keeping the youngsters entertained and out of mischief. Butter the kettle in which cereals are cooked to prevent their sticking if you have no double boiler. The kitchen needs more careful planning than any other room in the house. It is the workshop of the homemaker, and so should be equipped and organized to make her work as easy, pleasant and efficient as possible.

Temperature for Milk

Milk should be kept at or below 50 degrees Fahrenheit. If held at temperatures above 50 degrees Fahrenheit, the growth of spoilage organisms soon produces changes which render it unfit to be used as food, especially in the case of children.

New linen should be subjected to a thorough washing in cold water to remove all the starch and other finishing requisites. Rubbers that are badly torn may be mended by applying a strip of adhesive tape to the torn place and pressing firmly together. Apply soap backing to the tape, and the rubbers look like new.



(Ed. 1924, Western Newspaper Union.)
All day to watch the blue wave curl and break. All night to hear it plunging on the shore. In this sea-dream such drafts of life I take I cannot ask for more. —Thomas Bailey Aldrich.

LAMB AND MUTTON

Mutton is so well liked in England and used so freely that it seems strange that we in America cannot serve it oftener and more freely. When mutton is properly killed and cared for there is no objectionable wooly flavor. The meat should never be touched with the hands after handling the wool, as the wool grows on the skin and the oil from it flavors the meat. Remove the skin carefully before cooking.

Roast Leg of Lamb.—Rub salt, pepper and onion with any sweet fat all over the meat. Place in a roasting pan and sear it well in a hot oven. Now add one-half cupful each of water and sliced onion, one cupful of sliced tomatoes, eight peeled potatoes around the leg of lamb. Roast in a hot oven and serve very hot with a gravy made from the liquor in the pan. Mint sauce may be served with the lamb. To prepare it, mince a half cupful of mint and pour over it a tablespoonful of boiling water, cover and let stand, adding a tablespoonful of vinegar and a little sugar to serve.

Mutton Stew.—Put a neck piece of mutton on to stew in boiling water with a small onion. Simmer until tender, then add a can of peas, thickened with flour and the peas poured around the meat. Add seasonings of salt and pepper after the meat is partly cooked.

Mutton en Casserole.—Brown a pound or less of mutton cut from the shoulder and its serving-sized pieces. When well-browned season well and dredge with flour. Add one cupful or more of carrots, a cupful of peas, one onion to the meat, cover and bake in a casserole for two to three hours. Serve from the casserole.

Barbecued Lamb.—Cut cold roast lamb into slices and reheat them in the following sauce: Two tablespoonfuls of butter, one-half tablespoonful of vinegar, one-third cupful of currant jelly and one-fourth teaspoonful of mustard. Cook until the lamb is well-heated and flavored.

DESSERT FOR EVERY DAY

On the busiest day when time is very precious, you might make Fifteen-Minute Pudding.—Take one teaspoonful of baking powder, a pinch of salt, and enough good milk or fresh butter-milk to make a drop batter. Butter custard cups, drop a tablespoonful of batter then a tablespoonful of canned cherries and another spoonful of batter, and put to cook in a pan of boiling water well covered for 15 minutes. Serve with sugar and cream.

Edinburgh Pudding.—Take one-half pound of oatmeal, one cupful of thick custard flavored with vanilla, one and one-half pints of water, one-fourth of a cupful of milk, one-half teaspoonful of salt, and two ounces of coconut. Cook the oatmeal in the water with the salt and milk, cool and turn into the custard, pour into molds and serve, when molded, with coconut, sugar and cream.

Lemon Meringue.—Take one pint of milk, three ounces of sugar, one cupful of fine bread crumbs, two eggs, the juice and rind of a lemon. Mix all ingredients and cook slowly until well set, baking in a deep pie plate. Set away to cool, cover with a meringue and brown. Serve cold.

Snow Jelly.—Prepare any desired flavor of gelatin, and when it is thickening whip it until foamy. Chill and pile on top of any molded gelatin of other flavor, using pineapple for one and raspberry for the other. Serve with whipped cream.

Spiced Tea Cakes.—Mix and sift one and one-half cupfuls of flour with two teaspoonfuls of baking powder, one-eighth teaspoonful of nutmeg and one-fourth teaspoonful of mace. Cream one-fourth of a cupful of shortening, add one cupful of sugar, two well-beaten eggs, one-half cupful of milk added alternately with the flour. Add a few raisins and bake in greased muffin tins. Cover with maple frosting and sprinkle with chopped filberts.

Egg Rolls.—Scald and cool one-fourth of a cupful of milk, add one yeast cake, mix well and add one cupful of scalded milk, cooled. Stir in two cupfuls of flour, beat well and set away in a warm place until light. Add the yolks of two eggs, half a teaspoonful of salt, half a teaspoonful of sugar, one-fourth of a cupful of butter and flour enough to knead. Knead until smooth. Shape into small balls; when it has become light press a cavity with the thumb and set into this half a teaspoonful of jelly, work the dough over the opening, keeping the jelly near the top crust. Let rise to double the bulk and bake twenty minutes in a hot oven.

Nellie Maxwell Sweden's Forests Of Sweden's land area of 158,500 square miles, about 52 per cent is forested. Two-thirds of the productive area is north of the Dal river, while the southern part of the country has to a great extent been cleared for cultivation.

Cheerfulness Tells Story Cheerfulness is full of significance; it suggests good health, a clear conscience and a soul at peace with all human nature.—Charles Kingsley.

VOGUE FOR THE TWO-PIECE SUIT; PARIS ACCLAIMS CLOTH COATS

ANY woman may justly take pride in having her costume described as strictly tailored, for it is indeed very complimentary to her appearance. A strictly tailored ensemble assures a certain perfection not only in the finesse and classic simplicity of the suit or coat-dress itself, but in every accessory detail as well. The shoes, hosiery, hat, scarf, hand bag and of course the blouse which completes the two-piece suit must perforce evidence a discriminating



The Tailored Suit.

knowledge of correct dress if one be strictly tailored. The reward of exercising this careful judgment justifies the effort, for in the presence of the garishness of this season's wildly be-patterned silks and general flamboyant color the refined charm of the strictly tailored receives flattering emphasis.

That navy blue is now in smart fashion is most gratifying to the woman of conservative taste who aspires to be strictly tailored. For practical wear a correct regulation tailored suit is here pictured. It may be successfully styled of fine twill, covert or wool rep and for late fall the new suede cloth is widely recommended.

New color interest is manifested in early fall tailored suit and dress collections in that negro brown and the wine tones are shown, also the rose-brown range. Choice color blends are



Show Quiet Elegance.

clever cloth manipulation is scalloped and subdued wine shades all blended and related are accented. Harmonizing hats and footwear will enhance the autumn tailleur.

The new felt hats to be worn with the smart tailored suit or coat show dentured and creased crowns and rolling brims, with ribbon trimming a shade darker than the hat. Coconid pumps with beige hose or strapped pumps of parchment shade are noted among newest daytime footwear. In hand bags, soft effects in pouches vie with novel envelopes. It is said that underarm bags will be fashionable.

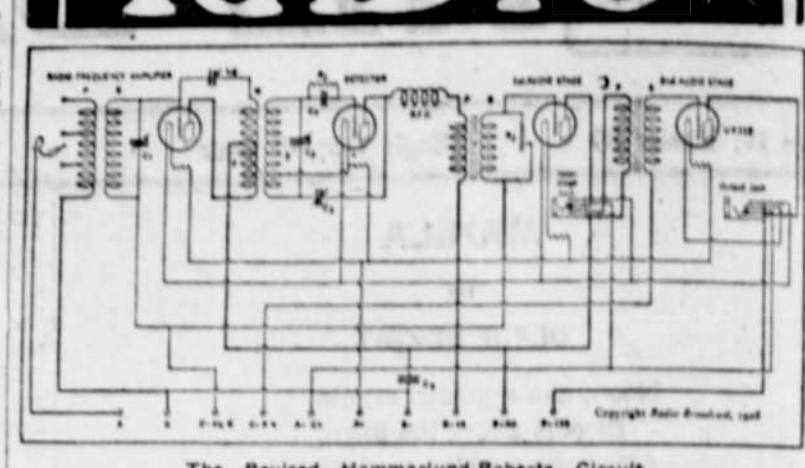
Fringed Frocks Many of the newest evening frocks are fringed from waist to hem, others have a single deep fringe reaching from the knees to the bottom of the skirt. In each case, however, the fringe constitutes the only trimming.

Plain Backgrounds Plaid chiffon and plaid taffetas are very smart this year, particularly for afternoon frocks. Usually the combination is high color on a dark, conservative ground.

Rough Silks The roughest silks such as rajah and shantung make the most fetching jumper costumes for sport, and take as naturally to colorful scarfs and fancy kerchiefs as the well-known duck does to water.

Smart Overblouse Plaid taffetas in green and blue makes a very smart blouse to wear with a blue skirt. The fabric is fringed to form the finish on the edge of the peplum and at the collar.

RADIO



The Revised Hammarlund-Roberts Circuit

In reviewing the long line of circuits which have forged to the front in recent months, each one with its own special attributes claiming their due amount of attention, one cannot neglect considering the very popular Hammarlund-Roberts. Built up around the older famous Roberts reflex, it won immediate approval, and in its present form is satisfying its countless users. Yet, when one looks over this circuit, just as with others, there is the constant urge for improvement, revision, modification, and slight alterations to make it better. The Radio Broadcast Magazine laboratory, in experimenting with the Hammarlund-Roberts version of the original Roberts circuits, has tried out numerous changes with the idea of improving the circuit. Some of the changes merely consisted in replacing the dials with those of a vernier type while other changes were made in the actual circuit arrangement.

According to John B. Brennan, technical editor of Radio Broadcast, who describes the changes in a recent issue of that magazine, it was found that the substitution of a different form of regeneration in the detector circuit, in place of the variable tickler method, would permit another control. It would also eliminate the changing field set up by the variation of the tickler coil position. The method found to be most successful, and involving the least number of changes, was the condenser-feedback regeneration system, involving only the addition of a small variable condenser of the midgey type, and a radio-frequency choke coil.

Removing the Parts. In making this change, the entire detector coil unit is unsoldered from its connecting leads and removed from the panel. The tickler coil and its shaft are removed by simply cutting off that part of the bakelite strip which supports the shaft and its bearing. The bushing, located on the top of the bakelite mounting strip, is removed from the cut-off section and, by means of a 6-32 machine screw, is fastened at the bottom of the mounting strip. This screw replaces the one used to hold the coil between its insulated support strips. Now, at the end of the secondary coil at which the NP coil is located, a tap is made, 13 turns from the bottom turn. This tap may be just below the letter "S," which indicates the secondary of the detector coil, on the accompanying diagram.

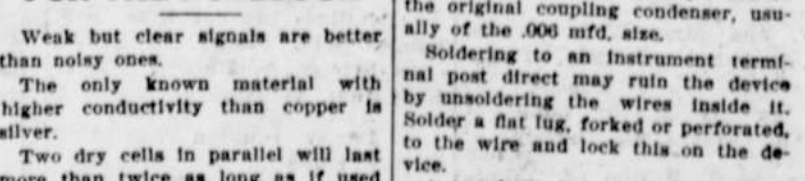
The detector coil may now be laid aside. A 15-plate Hammarlund midgey condenser is mounted in the hole formerly taken up by the shaft of the tickler coil. When this is accomplished, the detector coil mounting holes are "spotted" on the main panel. These holes are drilled and countersunk for the 6-32 machine screws which screw into the mounting bushings on the coil unit.

To obtain regeneration satisfactorily with these alterations, it is necessary to include a choke coil in the transformer primary circuit. The choke is employed to keep the radio-frequency currents out of the transformer primary circuit so that the only path for these currents to take is through the capacity element employed for regeneration. This choke coil may be mounted on the sub-panel in the place left vacant by discarding one of the parallel audio-stage sockets, as is explained later. It will be noted that the bypass condenser employed to shunt the primary audio-transformer has been eliminated from the circuit.

At Reduced Volume. Many times it is found advisable to operate the receiver at reduced volume. In its original state, the only way to accomplish this was to increase the value of resistance in the filament circuit of the radio-frequency amplifier tube, or loosen up on the regeneration or sensitivity control. Quality sometimes suffered when the former method was employed. Selectivity and sensitivity suffered in the latter. As a final refinement for volume adjustment, and also as a tone control, the rheostat and fixed resistance for the radio-frequency amplifier stage are removed. In the audio-amplifier circuit, their volume control functions are

FOR THE NOTEBOOK

Weak but clear signals are better than noisy ones. The only known material with higher conductivity than copper is silver. Two dry cells in parallel will last more than twice as long as if used singly. There are three types of battery chargers—chemical, mechanical and electrical (tube). There are two reasons why tubes burn out quickly. One is a defective filament and the other is the filaments are burned too brightly. The antenna lead-in is part of the aerial and should be regarded as such when constructing an antenna having a definite length. A loud speaker reproduces more accurately in a room with little furniture, draperies and other things that may have a dampening effect on sound. When a resistance-coupled amplifier falls on the lower musical notes, try adding an external condenser of .02



How to Connect a "C" Battery in a Transformer-Coupled AF Amplifier.—Radio World.

or .1 to .5 mfd. capacity in parallel to the original coupling condenser, usually of the .005 mfd. size. Soldering to an instrument terminal post direct may ruin the device by unsoldering the wires inside it. Solder a flat lug, forked or perforated, to the wire and lock this on the device. A metal diaphragm, so thin that it is transparent, is reported to have been invented in Germany. This diaphragm can be purchased so cheaply that every radio fan can construct a "mike" of his own at a low cost. Plate glass which is planned to use as an insulator or panel may be drilled easily with a three-cornered file lubricated with turpentine. The glass should be placed upon a flat level surface. Power companies in most cities are helping radio owners to protect their property against danger from improperly erected antennas. One Connecticut company, whose employees all report antennas that are too close to power lines, were able within two months to inform eighty-nine radio owners of their danger.

How Radio Photographs Are Sent Through Air

Radio photographs are sent by means of a photo electric cell which converts the light waves of the photograph into electric current. This modulated electric current is then put on a radio carrier wave, which is picked up at a receiving station. The incoming radio signals operate on an ink pen which puts dots of different size on a white paper. The grouping of these dots, and the size of them, makes up the picture somewhat similar to the half-tones dots of the illustrations in the newspapers, which can easily be seen under a reading glass.

Some Hints on Care of Your Portable Outfit

Here are some simple rules to take care of a portable receiver on vacation trips. Be sure all wires are tightly soldered and the receiver works perfectly before it is taken on the trip. Carry a couple of extra vacuum tubes and spare dry cell batteries if the trip is one which makes it impossible to find a supply base at a reasonable distance. Handle the loud speaker with care and see that all aerial and ground connections are made just as good as possible.

Insulation of Enamel Suitable for Antenna

If the wire of an antenna is not protected from the air it will corrode, raising the high-frequency resistance, and reducing the signal strength. Insulation of enamel will give better results. Copper wire corrodes quickly when it is exposed to the air. When the wire is first erected it is seen to be bright, but in a few days it becomes dull due to the corrosion which occurs.