COMMUNITY PICNICS CAFETERIA STYLE



Community Picnic, Cafeteria Style

The time-honored community picnics that featured cakes, pies and other rich foods and left children and grownups 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 picnic. It is oftentimes better to bring 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.

The cafeteria style of service is another up-to-date feature in community picnics. The illustration, which was taken by the United States Department of Agriculture, shows the women of Summit community, Benton county, Oregon, putting this idea into practice. The menu includes everything that goes to make a well-balanced meal indoors or outdoors and yet the foods were in such simple form that brought in freezers is generally most nobody had been overtaxed. There are several kinds of fruits and vegetables, tion of cut-up fresh fruits, however, two meat dishes, bread and butter, is also delicious. For instance, sliced drink for everybody. Everybody had ries, or raspberries and sliced orange some choice, and yet was fairly certain is a combination that grows better in to get enough of the right kinds of flavor if it stands for a few hours.

Hot dishes are not so easy to mancareful planning some kinds can gen- finishing touch,

PRESSURE CANNER

Certain Things Ought to

Have Good Attention.

(Prepared by the United States Department of Agriculture.)

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 1471-F. "Canning

ready, pour boiling water into the

canner until the level is just below

When your jars or tin cans are

Fruits and Vegetables at Home."

POINTS ON USING

(Prepared by the United States Department | erally be brought in good condition if the distance is not too great. Here are some that might be brought: casserole meats; stews; creamed chicken, chipped 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 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.

For beverage, lemonade, orange and other ades in season, grapefruit juice, hot or iced tea or coffee for the adults, and milk or milk shakes for the chil-

For dessert ice cream or sherbet popular with everybody. A combinafor the children, and a fruit fresh or canned pineapple, strawber-Cookles, cup cakés, or loaf or layer cakes in just enough quantity to go age at piculcs as other foods, but with | with the ice cream or fruit gives a

Allow the pressure to rise until the

Count time from the moment the de-

sired temperature and pressure are

Maintain a uniform pressure during

the processing period by regulating

carefully the source of heat. Fluctua-

tions in pressure, as from 10 pounds

canning in glass may result in loss of

liquid. A sudden drop in pressure

through cooling or release of steam

may also cause this. It is especially

important to avoid having the pres

sure go so high that the safety valve

releases the steam suddenly, nor

should the steam be allowed to es-

cape suddenly by opening the pet cock.

remove the canner from the fire and

proceed according to the following di-

When canning in glass jars, allow

the canner to cool until the steam

gauge registers zero before opening

the pet cock, and even then open cau-

tiously. This is to prevent too sud-

den a drop in pressure, which would

cause the liquid to blow out of the

jars, even though already sealed. In-

quickly as possible to room tempera-

ture, and do not stack them while

When canning in tin, open the net

cock wide at once and allow the

steam to escape rapidly. Remove the

into cold running water if possible, or

if this is not available change the wa-

ter as soon as becomes warm. The

more rapidly the cans are cooled the

ess danger there is of overcooking

the product. Watch carefully for air

bubbles that indicate imperfect seal-

ng. Leakers should be opened, the

contents heated and repacked in other

cans, and processed again as at first.

To Clean Gas Burners

stove, take the burners out of their

sockets and brush off all loose dirt.

Then place them in a large kettle or

pan that will not be injured by wash-

ing soda. Boil them for about half

an hour in a mixture of one-half pound

of washing soda added to each gallon

of water. Rinse and brush the burn-

ers, wipe them with paper or cotton

waste, fit them into the stove, and dry

them thoroughly by lighting the gas.

Temperature for Milk

50 degrees Fahrenhelt. If held at tem-

peratures above 50 degrees Fahren-

heit, the growth of spoilage organisms

Milk should be kept at or below

To clean clogged burners on a gas

they are still hot.

rections adapted to fars or cans:

At the end of the processing period

gauge registers the pressure that in-

dicates the desired temperature.

reached.

Perhaps you are canning with a to 15 pounds and down again, are to

steam pressure canner for the first be avoided in any case, and when

heated and flavored. DESSERT FOR EVERY DAY

On the busiest day when time is

All day to watch the blue wave

All night to hear it plunging on the shore— In this sea-dream such drafts of life I take

LAMB AND MUTTON

Mutton is so well liked in England and used so freely that it seems

-Thomas Bailey Aldrich.

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

Roast Leg of Lamb .- Rub salt, pep-

per 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 wa-

ter 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

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 table-

spoonful of vinegar and a little sugar

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, thick-

en the gravy and serve with the peas

poured around the meat. Add sea-

sonings of salt and pepper after the

Mutton en Casserole.-Brown a

pound or less of mutton cut from the

shoulder and in serving-sized pieces.

When well-browned season well and

dredge with flour. Add one cupful or

more of carrots, a cupful of peas,

one onlon to the meat, cover and bake

Barbecued Lamb .- Cut cold roast

lamb into slices and reheat them in

fuls 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-

the following sauce: Two tablespoon

in a casserole for two to three hours.

meat is partly cooked.

Serve from the casserole.

to serve.

skin carefully before cooking.

curl and break,

I cannot ask for more.



Fifteen - Minute Pudding. - Take one teaspoonful of baking powder, a pinch of salt, and enough good milk or fresh buttermilk to make a drop batter. But-

ter 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 min-

utes. 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 ple plate. Set away to cool, cover with a meringue and brown. Serve cold.

vert the jars, allow them to cool as 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. cans from the canner and plunge them 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 maee, Cream one-fourth of a cupful of shortening, add one cupful of sugar, two wellbeaten 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 fil-

Egg Rolls.-Scald and cool onefourth 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 .

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 Dai river, while the southern part of the country has to a great extent been cleared for cul-

Cheerfulness Tells Story Cheerfulness is full of significance: it suggests good health, a clear conscience and a soul at peace with all

buman nature.-Charles Kingsley.

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

NY woman may justly take pride | Metal monograms on strap buckles as strictly tailored, for it is indeed gloves. very complimentary to her appear-

in having her costume described individualize smart new styles in As to the smartly tailored blouse,

ance. A strictly tailored ensemble as- jabots of self-fabric and set in tucked sures a certain perfection not only in vestee effects prevail of crepe de the finesse and classic simplicity of chine, the suit or coat-dress itself, but in Cloth coats of quiet elegance every accessory detail as well. The worn over frocks of entrancing dain-

shoes, hosiery, hat, scarf, hand bag timess are very much in evidence and of course the blouse which com- this summer. Verily, it is a season of pletes the two-piece suit must per coats and dresses-a fact aftested by force evidence a discriminating smart gatherings at the French re-



The Tailored Suit.

knowledge of correct dress if one be | sorts. At the international tennis strictly tallored.

ful judgment justifies the effort, for coats of woolens so exquisitely fine as in the presence of the garishness of to demand attention registered as an this season's wildly be patterned silks accepted mode. and general flamboyant color the re- A fetching simplicity obviously due fined charm of the strictly tailored to a cunning manipulation of the fab-

receives flattering emphasis. That navy blue is now in smart favored summer-weight coats. fashion is most gratifying to the woman of conservative taste who aspires to be strictly tailored. For practical lar to the model which is posed to the wear a correct regulation tailored right in the picture are apparently suit is here pictured. It may be suc- first in favor. In some instances the cessfully styled of fine twill, covert stylist contrives to introduce in conor wool rep and for late fall the new function with the cape a slightly

New color interest is manifest in the French idea of style supreme. early fall tailored suit and dress collections in that negre brown and the the front opening and in these cases detector coil, on the accompanying wine tones are shown, also the rose- the coats are for the most part brown range. Choice color blends are sleeveless. Accenting the idea of

tournaments recently held in Paris The reward of exercising this care- and during the racing season long

ric itself marked the styling of these

Capes carefully designed so as not to break the straight slihouette simi-

A few of the cape



Show Quiet Elegance.

also brought out. Tawny rose-beige clever cloth manipulation is scallop and subdued wine shades all blended ing which adorns many. and related are accented. Harmoniz-Creative genius has busied itself

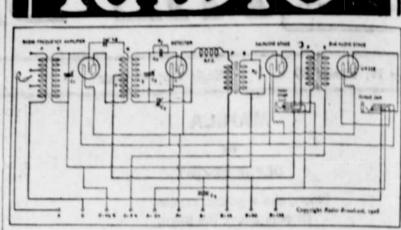
ing hats and footwear will enhance this season inventing cunning plaitings and foldings of cloth. A particularly the autumn tallleur. The new feit hats to be worn with happy inspiration along this line is the smart inflored suit or coat show expressed in the cont to the left of dented and creased crowns and roll- the accompanying illustration. The ing brims, with ribbon trimming a cuffs, collar and wide hem border of shade darker than the hat. Cocoa this garment show a cunning hankid pumps with beige hose or strapped dling of the cloth in a fanciful plaited pumps of parchment shade are noted way. It is artful cloth treatments ong newest daytime footwear. In such as this which add zest to the hand bags, soft effects in pouches vie popular theme of self-trim effects. with novel envelopes. It is said that

JULIA BOTTOMLEY. (@) 1926, Western Newspaper Union.)

Rough Silks

The rougher silks such as rajah and are fringed from walst to hem, others shantung make the most fetching jumper costumes for sport, and take from the knees to the bottom of the as naturally to colorful scarfs and skirt. In each case, however, the fancy kerchiefs as the well-known duck does to water.

Plaid taffeta in green and blue nation is high color on a dark, con- to form the finish on the edge of the peplum and at the collar



The Revised Hammarlund-Roberts Circuit

which have forged to the front in re high resistance of the value of 500,000 cent months, each one with its own ohms in shunt across the secondary special attributes claiming their due of the first audio-transformer. One of amount of attention, one cannot neg- the objects of this shunt resistance lect considering the very popular lies in its tendency to give the ampli-Hammarlund-Roberts. Built up around | fier a "flatter" characteristic, that is, the older famous Roberts reflex, it all frequencies will be amplified allke, won immediate approval, and in its. To make it possible to change readily present form is satisfying its count- from the last audio stage to the first less users. Yet, when one looks over audio stage required nothing more this circuit, just as with others, there | than inclusion of a jack in the primary is the constant urge for improvement, circuit of the first stage audio-trans-revision, modification, and slight al- former. At the same time it was terations to make it better. The Radio found desirable to have some auto-Broadcast Magazine laboratory, in ex- mane means of turning off the last perimenting with the Hammarlund audio-amplifier filament when the Roberts version of the original Roberts | phones were used on the first stage. circuits, has tried out numerous changes with the idea of improving To employ this type of jack in the the circuit. Some of the changes mere- circuit shown, sometimes necessitates ly consisted in replacing the dials with alterations being made to the jacks those of a vernier type while other obtained, however. In the circuit de changes were made in the actual cir-

cuit arrangement. nical editor of Radio Broadcast, who describes the changes in a recent is blade positions as shown in the acsue of that magnaine, it was found companying circuit diagram. As a that the substitution of a different final circuit change, Mr. Brennan recform of regeneration in the detector circuit, in place of the variable tickler method, would permit smoother control. It would also eliminate the changing field set up by the variation stage. Then in the remaining last 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 midget type, and a radio-frequency

Removing the Parts.

In making this change, the entire detector coll unit is unsoldered from its connecting leads and removed from the panel. Then the tickler coll 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 that end of the secondary coll at which the NP coil is located, a tap is made, 13 suede cloth is widely recommended, bloused effect, for the blouse-back is turns from the bottom turn. This tap glass, may be just below the letter "S. diagram.

The detector coll may now be laid aside. A 15-plate Hammarlund midget condenser is mounted in the hole formerly taken up by the shaft of the When this is accomtickler coll. plished, the detector coll mounting holes are "spotted" on the main panel. These holes are drilled and countersunk for the 6-32 machine screws

ings on the coll unit. To obtain regeneration satisfactorily with these alterations, it is necessary to include a choke coil in the audio transformer primary circuit. The choke is employed to keep the radiofrequency currents out of the trans former primary circuit so that the only path for these currents to take is through the capacity element employed for regeneration. This choke coll 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 audiotransformer 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 amplifler 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 circult, their volume control functions are

In reviewing the long line of circuits | taken over by employing a variable Filament circuit jacks did the trick. scribed in the Radio Broadcast Magazine article, two No. 105 Carter Jacks According to John B. Brennan, tech- were taken apart and the blades rearranged so as to correspond with the companying circuit diagram. As a ommends that one of the parallel tube sockets in the last audio stage be removed and its amperite wired in the circuit to control the radio-frequency stage socket a UX-112 or UX-117 tube is employed as a power stage. It will be found that the grid-plate shunt condenser for the last stage may be removed when the power tube is employed.

How Radio Photographs

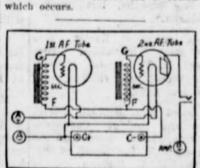
Are Sent Through Air Radio photographs are sent by seans of a photo electric cell which converts the light valves of the photograph into electric current. This modulated electric current is then put on a radio carrier wave, which is picked up at a receiving station. The incoming radio signals operate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

Some Hints on Care of Your Portable Outfit

Here are more 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 which screw into the mounting bush- 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 has been found suitable covering and 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 er rosion



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

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 when constructing an antenna having a definite length,

A loud speaker reproduces more acture, draperies and other things that have a dampening effect on may

When a resistance-coupled amplifier falls on the lower musical notes, try adding an external condenser of .02

or .1 to .5 mfd, capacity in parallel to the original coupling condenser, usually of the .006 mfd, size. Soldering to an instrument termi-

nal 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 it is planned to use as an insulator or panel may be drilled easily with a three-cornered file lubricated with turpentine. The gerial and should be regarded as such glass should be pieced upon a flat level surface.

Power companies in most cities are helping radio owners to protect their curately in a room with little furni- preperty 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.

Steam Pressure Canner. the rack that holds the jars. Be sure that there is enough to prevent boiling dry during processing.

Exercise Caution in Operating a

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 sir 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 soon produces changes which render be avoided because of the danger of it unfit to be used as food, especially

HOUSEHOLD NOTES

boiling dry.

A sand pile is ideal for keeping the youngsters entertained and out of

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 look like new.

organized to make her work as easy. pleasant and efficient as possible.

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 shoe blacking to the tape, and the rubbers

Fringed Frocks

Many of the newest evening frocks have a single deep fringe reaching fringe constitutes the only trimming.

underarm bags will be fashionable.

Plain Backgrounds

Plaid chiffon and plaid taffetas are very smart this year, particularly for servative ground.

Smart Overblouse

makes a very smart blouse to wear afternoon frocks. Usually the combi- with a blue suit. The fabric is fringed