

Fairy Tale for the Children

By MARY GRAHAM BONNER

"Have you any idea how old you are?" asked the King of the Clouds of the Sun.

"I haven't," said Mr. Sun. "I really have been so busy all my life that I have never counted the time. I've left that to others."

"Besides I don't know arithmetic and I would have to know arithmetic to figure it out."

"What's arithmetic and who can do it?" asked the King of the Clouds.

"Arithmetic is a lesson they study in school. School is a place where children go to learn about all sorts of things such as how to add two and two and how to spell words."

"They learn how to talk beautiful-



"The Very Idea I Had in Mind."

ly and they find out where they live in the world."

"They also study about other places and about the seas and the mountains."

"Gracious," said the King of the Clouds, "I am glad I don't have to go to school."

"So am I," said Mr. Sun, "but they seem to be quite happy. I suppose they become just as used to it as we do to shining and raining."

"I suppose so," said the King of the Clouds. "But why are you having such a frolic today?"

"I heard the earth whispering to the

Black-Eyed Peas, Rice, Pork

Quaint old names have come down to us with foods that were known in colonial days. Black-eyed peas have been a staple in many places for scores of years, and may be combined with rice and salt pork for a winter dish that every one will like. The dish is known as "Hopping John." The bureau of home economics of the United States Department of Agriculture gives the recipe.

1 cup dried black-eyed peas 1/2 large onion, chopped
1/2 cup rice 1 1/2 cups salt
Boiling water Tobacco
1 cup diced salt pork

Wash the peas well and cook them in a covered pan in 3 or more cups of water with 1/2 teaspoonful salt until the peas are tender but not broken. Wash the rice and cook for about 20 minutes in 2 quarts of boiling water to which 1 teaspoonful salt has been added. As soon as the grains of rice are soft to the center, drain and wash cold water through it to wash off the surplus starch and keep the grains whole and separate. Brown the diced salt pork until crisp, then remove it from the skillet and cook the onion in the fat for 2 or 3 minutes. Add the rice, peas, fried salt pork, and seasonings and stir until hot and well mixed. Serve with horseradish or chili sauce.

Living and Learning

Jud Tunkins says there is no use wishing you could live your life over. You might not make the same mistakes, but you'd make others just as bad.—Washington Star.

breese," said Mr. Sun, "that some of the raindrops were leaving."

"The earth said that Mr. Sun was drawing them to him, and I laughed for it was quite, quite true."

"I think I'll have to have a frolic soon," said the King of the Clouds.

So the sun continued to draw water from the earth through his powerful ray workers. What fun he did have and how he laughed and sparkled and shone.

A few minutes later some wild ducks flew high up in the air.

"Where are you going?" asked the Sun.

"We're going to fly far out in the bay," they said. "Do you see?" And they pointed with their wings.

"I think," said Mr. Sun, "I will join you. I will move along slowly and will shine where you go, for the King of the Clouds sent some of the army of raindrops out there this morning."

"To be sure I did," said the King of the Clouds. "Well, if you go out there, they can come in here. We'll just change places, eh?"

"The very idea I had in mind," said the Sun.

"Are you coming, are you coming?" called the wild ducks. "We are in a great hurry today, for we need good, quick flying to make us feel better."

"We're greatly in need of exercise."

"I'm coming, I'm coming," said Mr. Sun.

So Mr. Sun followed the wild ducks out into the bay, and then he shone

brightly down over the great ocean.

The raindrops left as soon as Mr. Sun appeared, and they began to play about and where Mr. Sun had been shining and where he had been drawing the raindrops from the earth.

So Mr. Sun and the King of the Clouds kept changing places and such a jolly time as they had of it.

The King of the Clouds said it was such a merry, merry time.

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Dried Fruits Vary the Diet

The new crop of dried fruit is now on the market and at its best. Dates, prunes, figs, apricots, and raisins all help to vary the fruit diet, as the supply of available fruits diminishes. Several of these are rich in iron and other valuable minerals—particularly prunes and raisins—and so may be wisely introduced into the menu as often as possible. Try this combination from the bureau of home economics:

1/2 lb. apricots 1 cup sugar
1/2 lb. prunes 4 cups water

Wash the prunes and apricots thoroughly and put them in the water to soak overnight. Cook the fruit together for ten minutes, add the sugar, and simmer until the juice is fairly rich. Serve hot or cold.

Fitting the Armseye

(Prepared by the United States Department of Agriculture.)

The location of the armseye and the fitting of the sleeve into the armseye are two very important steps in the fitting of a garment. The armseye seam when viewed from the side should show a good curve over the top of the shoulder. When viewed from the front, it should lie parallel to the center front, and when viewed from the back, it should be parallel to the



The Correct Location of the Armseye as Seen From the Front.

center back of the garment. The armseye seam should pass over the tip or highest point of the shoulder bone and from this point make a straight line back and front to the crease formed where the arms join the body. The illustrations were made by the bureau of home economics of the United States Department of Agriculture.

With close-fitting sleeves the armseye seam should curve to fit the underarm

as closely as is comfortable and must be on the highest point of the shoulder. Stout figures require a closer fitting armseye and one that is higher under the arm than do the more slender types.

The shoulder may be wider for a shirt sleeve, extending slightly beyond the tip of the shoulder. The sleeve does not fit so closely as other types of set-in sleeves. The armhole should be fitted rather loosely for the figure with very round shoulders.

If the armseye is altered the sleeve will need to be altered also in order to keep the same relation between the edge of the sleeve and the armseye. Before altering the armseye in any way make sure the shoulder seam is in its correct position, which is a straight line from the highest point at the neck to one-half inch of the highest point on the tip of the shoulder. Mark the highest point of the armseye when the garment is being fitted.

The armseye may be too small if either the shoulder or underarm seams have been taken in too much or the armseye has been cut inaccurately. The seams may need letting out, or the



Correctly Located Armseye in the Back.

edge of the armhole may need to be carefully snipped until the armseye is comfortable and in the right position. The same should be done if the armhole is not comfortable under the arm. Care must be taken, however, not to make the armseye too low or too wide at the underarm. If the armseye is too large, the defect can in many cases be remedied by taking wider shoulder and underarm seams, or it may be necessary to alter only one or the other. Bulges or wrinkles, however, require special adjustment. Farmers' Bulletin 1530-F, Fitting Dresses and Blouses, which is free, tells how to make these and other special alterations to insure a good fit.

HINTS FOR HOUSEKEEPERS

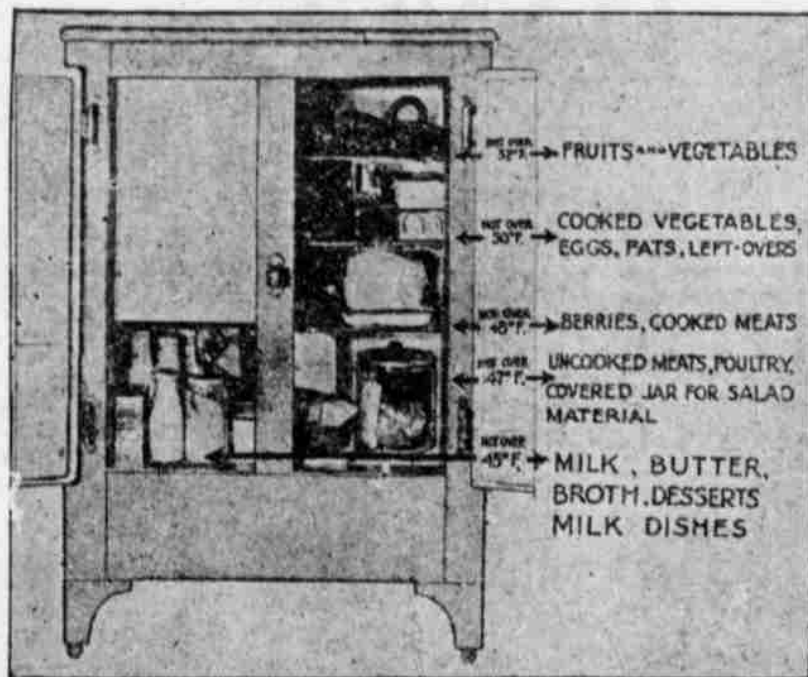
If food looks delicious and tempting when it comes on the table it is rarely necessary to nag or beg children to eat it.

Dried fruits are some of the best confections for children because they contain valuable minerals and sugar in not too concentrated a form.

Left-over meats may be used to make delicious loaf, meat pie, croquettes, creamed meat on toast, stuffed vegetables and sandwiches.

Bake the meringue on pies and puddings at a moderate temperature sufficiently long to give it time to rise and cook the egg white; then it will hold its shape.

Placing Things in Refrigerator



Storing Goods Properly in a Refrigerator.

(Prepared by the United States Department of Agriculture.)

Even the best refrigerators are not equally cold in all parts. There may be a difference of a number of degrees in the temperature of the coldest and warmest spots. Wherever the cold air descending from the ice chamber reaches first will be the coldest place. This is often directly below the ice. But its precise location depends on the design and construction of the box. For safety, the temperature of this part, where milk, butter, broth, desserts and milk dishes are stored, should not be over 45 degrees Fahrenheit. Uncooked meats and poultry and salad materials in a covered jar should be kept in a location always equally cold—not over 47 degrees Fahrenheit. Berries and cooked meats may be kept

on the shelf next above the uncooked meat, where a temperature under 48 degrees Fahrenheit is maintained. Keep cooked vegetables, eggs, fats and left-overs at 50 degrees Fahrenheit, or lower. Raw fruits and vegetables may be stored on the top shelf of the refrigerator, but this should mean at a temperature not over 52 degrees Fahrenheit.

In a series of charts on household refrigeration the bureau of home economics of the United States Department of Agriculture shows why it is highly important to keep many foods cool and some cooler than others. Organisms causing spoilage develop very rapidly in milk and meat as the temperature increases. That is why these foods must be protected with greatest care.

CAP AND BELLS

HE COULDN'T SAY

A woman remarked to a well-known bishop on one occasion, "Oh! Bishop, I want to tell you something very remarkable. An aunt of mine had arranged to make a voyage in a certain steamer, but at the last moment she had to give up the trip; and that steamer was wrecked; wasn't it a mercy she didn't go?"

"Well, but —" replied the Bishop, "I don't know your aunt."

Calling a Spade a Spade

"Who giveth this woman to this man?" asked the parson.

"I'm supposed to be here for that purpose," growled the bride's hard-boiled dad, "but what I'm really doing is getting a son-in-law to support instead of giving her away to be supported."

A GOOD SUBSTITUTE



Passer-by—I suppose you want money, my man?
Hobo—Well, boss, if yer gotta couple o' sandwiches and a cup o' hot coffee on yer, dat'll fill de bill.

It's a Fact

We hear 'em say, "The woman pays." But it seems kinda funny. They never go on and explain. It's done with hubby's money!

Poor Indeed

"Why do you object to my boy friend?" demanded daughter, "he has no past!"

"Maybe not," admitted her father, "but he has no future, either."

Calls for Tears

Blinks—You look sad as a cake that has fallen.

Jinks—So would you if you had lost as much dough as I have.

Proof

First Street Musician—Do you think they can hear us all right?

Second Ditto—Sure. Somebody's just shut a window.

Fast Moving

"Do you really move in the best circles?"

"Oh, yes, and the better the circles the oftener they move."

THE HAPPY MEDIUM



"Why are you going to marry that jolly spiritualist you met?"

"He's the happy medium, my dear."

To Movie Star

Twinkle, twinkle, little star, How I wonder what you are, While I really do not know, Maybe it is better so.

His Happy Days Ended

Mrs. N. (returning from three months' vacation)—Alma, do you think my husband has been longing for me while I was away?
Alma—I hadn't noticed anything until yesterday, when he seemed very gloomy.

Ought to Have Learned

"What, another argument with your wife? What's the trouble this time?"

"The same old thing—she's right and I don't agree with her."—Stray Stories.

Natural Question

Johnny (as his grown up sister adds the finishing touches to her toilet)—Why do you put all that stuff on your face, Alice?

Alice—To make me look pretty.

Johnny—Well, why doesn't it?—Stray Stories.

Needs a Rabbit's Foot

"Are you one of Lady Luck's favorites?"

"No, I'm the kind of guy who, if he is looking for a good listener, gets cornered by a good talker."

Food for the Family Table

By NELLIE MAXWELL

We all live of the same things day after day and when one originates something different it adds new pleasure to life. This is as true with foods as with anything else.

Graham Apple Pie.—Take two dozen crisp graham crackers, roll and crush, add one-eighth pound of melted butter and mix well. Line a pie plate and shape it into a pastry shell. Peel, core, slice and cook one-half dozen good flavored apples. Mix one cupful of sugar, powdered cinnamon to taste, one-eighth pound of butter and a little salt. Do not stir more than just enough to mix. Fill the cracker-lined plate and place in a hot oven for ten minutes. Serve topped with whipped cream. This is a pastry that the children may eat.

Date Butter.—This filling may be made in quantity and stored in glass jars until ready for use. Take one package of dates, one-half pound of layer figs, three-fourths of a cupful of walnut meats. Put the fruit and nuts through the food chopper, add boiling fruit juice enough to moisten. Any canned fruit juice may be used or

orange and lemon. Add the liquid until of the consistency to spread. If to be kept do not add as much liquid, adding it when it is to be used. A bit of salt should be added when mixing.

Beefsteak Roll.—Pound a half inch slice of round steak well and spread with a savory poultry dressing including an egg. Roll up, making a shape like a loaf of bread, skewer, dredge with flour, salt, and cover with strips of salt pork. Place in a hot oven and bake until brown and crisp.

Cream and milk with butter will be liked for many gravies.

This is the time of the year when fried mush, scrapple, griddle cakes and waffles abound.

Potatoes.—Take one cupful of corn meal, one teaspoonful of salt, four cupfuls of boiling water, cook until the corn meal is well cooked and thick, add two tablespoonfuls of butter, three-fourths of a cupful of grated cheese, a teaspoonful of scraped onion. Mold and cut into thick slices when cold. Fry until brown, sprinkle with grated cheese and serve hot.

Spicy Fruit Pie.—Take three-fourths of a cupful of raisins, two cupfuls of

finely cut citron or melon rind, three-fourths cupful of brown sugar, two tablespoonfuls of butter, two cupfuls of boiling water, two tablespoonfuls of vinegar, the grated rind of half a lemon and orange, one-half teaspoonful each of cinnamon and grated nutmeg. Cook all the ingredients twelve minutes with one tablespoonful of cornstarch mixed with a little cold water. Cool and pour into a pie plate lined with pastry and cover with twisted pastry strips. Bake in a hot oven.

Cold Timbales.—Take the meat of fish, fowl or lobster, cut into very fine pieces, add four tablespoonfuls of mayonnaise to two cupfuls of the meat and mix to a smooth paste. Meanwhile soften half a package of gelatin in a cupful of cold water, then dissolve over boiling water, add a teaspoonful of salt, white pepper and paprika to taste with a teaspoonful of lemon juice. Cool, add the meat or fish with whatever flavor is desirable. Hold in cold wet timbale molds, turn out when chilled and serve decorated with halved walnut meats, olives, cooked egg or parsley. Serve on lettuce hearts with little curls of crisp bacon and small pickles cut lengthwise.

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