

Important Vitamins in Low-Cost Foods

(Prepared by the United States Department of Agriculture.)

When neither the food supply nor the purse limits the selection of food, it is possible to afford so large a variety that the homemaker may choose somewhat at random within each of the food groups and be reasonably sure of meeting the food requirements of the family. When, as in the drought-affected regions, variety must be greatly curtailed because of food shortage and lack of ready cash, it is necessary to weigh with the utmost care the contributions made by each food material to the dietary. The subcommittee on nutrition, working under the direction of the national drought relief committee, which includes representatives of the co-operative extension service and the bureau of home economics of the United States Department of Agriculture, has prepared a list of foods that for the money invested in them offer good or excellent returns, in terms of vitamins, protein, and minerals. This list is part of the material assembled to aid professional nutrition workers who are called on to advise families in the sections where one-sided diets are common.

The food groups mentioned by the committee are: Cereals, milk and cheese, eggs, lean meat and fish, fruits and vegetables, sugars, fats. Among the inexpensive protective foods listed, with a rough indication of what each furnishes to the diet, are included: Milk, eggs, lean muscle meat, liver, kidney, fish, shellfish, vegetables, including tomatoes, thin green leafy vegetables, potatoes, and certain root vegetables, dried peas and beans, fruits, whole-wheat products; wheat germ, rice polish, molasses, not highly refined; butter, cod liver oil, pure dieter brewers' yeast. These foods, many of which can be grown on the farm, are recommended in addition to the cereals, fats, and sweet foods on which too many families depend entirely.

AROUND THE HOUSE

Never beat a cake after folding in the egg whites.

A child's honest questions deserve honest answers.

Roll out pastry with light, quick strokes. A heavy hand has ruined many a good pie.

Keep overshoes and raincoats clean and in a cool dark place. Rubber deteriorates rapidly in heat and sunlight.

To loosen dirt and save time and wear in laundering dirty garments, wet them, rub soap on, roll them up, and soak them in a small quantity of water overnight.

After emptying a jar of fruit, wash and dry the jar, put the top on at once, and put the jar on a shelf reserved for the purpose. When canning season arrives next year much trouble in gathering and matching jars and covers will be saved.

Plaids Are in Fashion Limelight

By CHERIE NICHOLAS



Women who make it a point to declare the new fashions are coming out in frocks of printed silks both the heavier and sheer weaves which play up plaided design in its every mood. In fact, all along the highways and byways which lead through the realm of smart patternings one encounters plaids in some form or another.

The versatility displayed in the new

goes to prove that a decided innovation has taken place so far as the new patternings are concerned, in that the gay stripes, plaids and paisleys are a distinct departure from the usual florals which for so long a time have held the center of the stage.

The plaid silk which fashions the modish afternoon dress in the picture is chocky conservative at the same time that it is decidedly modern in its technique. The wavy lines which so delicately and gracefully trace a plaid patterning are black against a pale blue background with tiny red dots scattered in pretty confusion throughout the entire design.

Black buttons effectively trim this frock and the color scheme is further stressed in that a black belt, black scarf and black gloves are worn with this costume.

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Salsify or Oyster Plant as Winter Food

In the winter months salsify, or as it is often called, oyster plant, appears on our markets. Sometimes a homemaker finds when she has pared and cut her salsify it has turned dark. It is not altered in food value when this happens, but it is not slightly. To avoid difficulty, drop it into cold water as soon as it is cut, says the bureau of home economics of the United States Department of Agriculture. Salsify is served in a white sauce more often than any other way, but it may also be dipped in flour and fried.

- 1 bunches salsify or 1 cup milk oyster plant
- 1/4 tsp. salt
- 1/2 lbs. melted butter
- 1/2 lbs. other fat
- 1 lbs. chopped parsley

Wash the salsify, scrape, cut into small pieces and drop into cold water to prevent it from turning dark. Boil in an uncovered pan in a small quantity of water for 30 minutes, or until tender, and drain. Prepare a sauce of the fat, flour, milk, salt and pepper, pour this over the cooked salsify, reheat, and serve with the chopped parsley over the top.

Tasty Confection May Be Made of Pumpkin

A delightful confection may be made of 1-inch squares of pared pumpkin. To a pound of these pieces, three-quarters pound of sugar is added, and allowed to stand overnight. In the morning the syrup may be drained off and cooked until it coats the spoon, after which the pumpkin, one lemon, and a tablespoonful of preserved ginger are added, and boiled until the pumpkin is clear. The pumpkin should be simmered until the syrup is absorbed, and then lifted out and drained first on plates, then on a screen covered with cloth. When it is no longer sticky, it is rolled in granulated sugar and packed in glass jars.

Manners of Men

William of Wykeham wrote the doors of New College, "Manners maketh man." . . . No citizenship can be good in which individuals are not willing to subordinate their own individualities to some extent for the advantage of others. . . . A race or a generation without any concern for good manners would almost certainly in like degree lack usefulness.—From "Education and Life," by Ernest Martin Hopkins.

Evening Fairy Tale for the Children

By MARY GRAHAM BONNER

The Fairy Queen took a trip with some of the other fairies to where the banana trees were growing. The fairies were so tired from the trip that they fell asleep, but just as the Fairy Queen was about to go to sleep she noticed that the leaves of the banana trees all around were laughing, actually laughing. "What are you laughing for?" asked the Fairy Queen. "We're laughing because we're almost ripe. It's so jolly to be almost ripe."

last long if there were many people around as fond of them as I am. "I am devoted to bananas. Yes, you really might say that I was devoted to them. "So are many of us in Fairyland, too, and, of course, in the world of people as well." The banana leaves laughed again. They made such a lovely sound as they laughed. It reminded the Fairy Queen of the sound of a gentle summer rain. "Some of our cousins have traveled on boats," the banana tree said. "Some have gone on trains, too." "But tell me why you don't last very long?" the Fairy Queen asked. "Because," said the leaves, "we are cut down when all our fruit has been taken. "We are not nice any longer. We can never do the same work again, you see. "But there are shoots that are taken

from our roots. These are started off again, and they do the same work as we have done.

"Aren't you sad that you don't do the same work over again yourselves?" asked the Fairy Queen.

"No," said the leaves cheerfully, "it



"What Are You Laughing For?"

is enough for us to do our work well once.

"That's all we want. That makes us very happy. We love the warm sun and we have had our reward for our work.

"We have grown beautiful and ripe. Ah, ha, ha, we're getting ripe now." The Fairy Queen's mouth watered

and now the other little fairies were waking up.

They were both rested and hungry. Such a banana eating party as they had, and the bananas seemed much pleased in their banana fashion that they were so much liked.

But after it was all over and the eating and the talking was finished, the Fairy Queen went back to Fairyland with the other fairies, and there she told everyone banana tree history, which they were all so glad to hear.

And she had a big bundle of bananas, too, which the banana trees had sent to Fairyland as their gift.

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Spider's Valuable Secret

Vast engineering schemes at present unthought of would be possible if science could reveal the secret of the spider's web. If man could make ropes and cables with the approximate strength of a spider's web, suspension bridges could be thrown across small cables, and, being light and easy to anchor, there would be no limit to their length.

Use of Chemicals to Remove Stains



Medicine Dropper Handy When Removing Stains With Chemicals.

(Prepared by the United States Department of Agriculture.)

There are a few common chemicals which are necessary to remove stains, and these should be kept in every household. Some of them are poisonous, so don't put them in the family medicine cabinet or in the pantry. The chemicals most frequently needed are favelle water, potassium permanganate, oxalic acid, ammonia water, and carbon tetrachloride. Keep these out of reach on a high shelf, together with a medium-sized bowl, a medicine dropper, a glass rod with rounded ends, several pads of cheesecloth or old muslin, a small sponge, and sheets of white blotting paper, suggests the bureau of home economics of the United States Department of Agriculture.

If the nature of a stain is not known and it does not appear to be greasy, sponging with a wet cloth may be effective. Try this on some part

of the garment that will not show, unless you are sure the fabric will not water spot or lose its color. Chemicals should not be used until after water has been tried, except when the fabric is unsuitable for water treatment.

Potassium permanganate can be used in removing certain stains from all white fabrics except rayon. One or more repetitions of the treatment may be necessary in the case of persistent stains. Any pink or brown stain left by the permanganate is removed by applying hydrogen peroxide made very slightly acid, if not already so, with hydrochloric, acetic, oxalic, or tartaric acid. Oxalic acid in saturated solution, or lemon juice, may also be used on cotton, linen, or silk for removing potassium permanganate stains. Follow by thorough rinsing.

Potassium permanganate is suggested for taking out stains made by writ-

ing ink, leather, mildew, indelible pencil, perspiration, tea, tobacco, tomato vine, and turmeric, the yellow ingredient in curry powder.

The bottle in which oxalic acid is stored must be marked "Poison," and kept out of reach of children. To prepare a solution, dissolve as many crystals of the acid as possible in a pint of lukewarm water. Put into a bottle, stopper tightly, and use as needed. Apply to the stain with a medicine dropper or glass rod, and after allowing it to remain a few minutes, rinse thoroughly in clean water. Neutralize with a solution of ammonia.

Oxalic acid is mentioned in connection with removing some writing ink stains, iron rust, medicines that contain metallic salts, and some forms of mildew. It is also used after treatment with permanganate, when the latter leaves a residual stain.

Recipes That Will Appeal to All

By NELLIE MAXWELL

For a delectable dessert that is not only beautiful to the eye, but satisfying to the palate, try:

Orange Cream.—Soak two tablespoonfuls of gelatin in one-quarter cupful of cold water and dissolve in one-half cupful of hot orange juice, adding one-half cupful of sugar. Fold in one and one-half cupfuls of whipped cream and



one-half cupful of orange pulp cut fine. Serve with a fruit syrup.

Tapoca Cream.—Take one-third of a cupful of quick cooking tapoca, add one-half cupful of sugar, one-fourth teaspoonful of salt and one quart of milk. Cook in a double boiler (stirring often) for 15 minutes. Add one egg yolk slightly beaten, one teaspoonful of flavoring and cook for a minute or two, stirring vigorously. Remove from the fire and add the stiffly beaten white of the egg. Chill and serve in glasses with crushed fruit.

Chocolate or caramel sauce or maple syrup with a few chopped nuts may serve for variety in sauces.

Fold whipped cream into the pudding and serve with orange sections or bits of pineapple.

Fold in chocolate sauce mixed with whipped cream. Canned fruit sauce, coconut, marshmallow sauce or canned

fruits all make delectable sauces for the pudding.

Club Cookies.—Take one cupful of shortening, one cupful of sugar, one egg, one-half cupful of sour cream, one-half teaspoonful each of soda and cream of tartar and three cupfuls of pastry flour. Mix as usual and pat the dough out to two inches thick and chill overnight. Roll and cut into any desired shape. Bake in a moderate oven ten minutes.

Filling.—Take one cupful of stewed prunes, one-half cupful of stewed apricots, three tablespoonfuls of lemon juice, one-fourth cupful of sugar and one-half cupful of prune or apricot juice. Cook together, adding one tablespoonful each of butter. Cool before using.

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Ancient Ophir

Ophir was a seaport or region from which the Hebrews in the time of Solomon obtained gold. The precise geographical situation has long been a subject of doubt and discussion. It was probably in India or perhaps southern Arabia; at any rate, it appears from scriptural mention of the place that it was accessible by water from the towns on the Red sea.

Don't Overdo It

Like everything else in the world, a greenhouse is delightful only when there isn't too much of it.—Woman's Home Companion.

Can I Learn to Fly?

by William R. Nelson

Showing the Inspector

TAKE-OFFS, landings, vertical banks, and a tailspin were all included in the next lesson. I was at the controls, but I had a passenger. And he was a critical one, too.

Instructors at the flying school where I took my course are "checked" periodically by an inspector who flies with the students. He picks students who, the records show, have had widely varying "hours" to indicate they should know.

"Taxi out, take off, fly around the field to the left and land," he ordered as we climbed into the plane.

The air was smooth and I was "hot" for both of which I was grateful. The take-off, trip around and landing were all smooth enough. He said nothing about them.

"Now go up to 2,000 feet and watch for my signals. Fly away from the field for a short distance."

He called for right and left turns, road following, and right and left vertical banks. I managed, somehow, to put the plane through each maneuver without his help and was congratulating myself when he suddenly shut off the motor and called for a "forced landing."

As we neared the field I picked out, he opened the throttle and we zoomed up. He signaled for a climb, which I continued until we reached 3,000 feet. Then he cut the motor and shouted: "Can you bring it out of a tailspin?" I nodded "yes."

He pulled the stick back and, as we stalled, put on full right rudder and we fell off to the right and into a tailspin. Instead of looking straight ahead, as I had done before in spins, I followed the advice of other students and looked upward at the horizon.

A body of water flipped past just as we locked in to the spin. When it went past again I neutralized the controls and a half turn later pulled back on the stick. We came out perfectly and my fear of tailspins was gone. I knew where we were at all times and I was not sick.

He, apparently satisfied with my exhibition, signaled for a landing, cutting the motor as he did so. We were too high so I threw in an "S" turn to lose altitude and gunned the motor when I saw we were under-shooting. He nodded approval of both maneuvers.

Eights and Spot Landings

UNCLE SAM'S Department of Commerce believes that persons seeking pilot's licenses should be able to do certain things with the machine they desire permission to operate. To ascertain the applicant's ability to meet the several requirements of each class of license, a test flight is given. For the private pilot's license that test includes "figure eights," "spiral glides," "take-offs," and "spot landings."

As I had had everything but the figure eights, spiral glides and spot landings, my instructor was back with me again the next lesson to show me the eights and spot landings.

"We'll use those two trees—they are a quarter of a mile apart—as pylons," my instructor said, pointing them out. "Make your first turn into the wind and try to hold your bank until one end of the figure eight is made. Then level out, fly to the other pylon and reverse the turn."

It sounded easy but holding that turn around the tree was difficult. A half dozen trips around the figure eight course, however, polished me up efficiently for the next step.

"Now we'll use those two trees," and he pointed out two much closer together. "You will have to bank almost vertically."

The "tight eights" were easier for me. Satisfied with my grasp of the maneuver, he signaled for a return to the field.

As we flew to the landing he spoke again.

"See that big tree down there? Put down on a line with it. Cut the motor wherever you think is right. Don't gun the motor except to clear it."

Estimating our distance away and up, I cut the motor to idling and started the glide in. Forbidden to gun the motor, as I had been doing in practice, I missed the mark by a city block.

"There is no trick to spot landings," my instructor explained. "It is merely a matter of practice. I'll take you around once, then you do it. From now on make all of your landings spot. That is the only way to learn to do it—by constant practice."

He took the controls and we roared around the pattern again. I made mental notes of landmarks for each thing he did, but was forced to discard them. He overshoot the spot line. Discouraged, he flew around again and that time put down perfectly over the line.

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First Arithmetic Book

Cocker's Arithmetic, the first complete manual for "numerists," was published on the 3d of September, 1677, by Sir Roger L'Estrange. The author, who died before it was published, became proverbial in England as a master of mathematical subjects. His book was a "best seller" for nearly a century.