

### Pork Chops Stuffed With Apples



Apple Cooked With Pork Enhances Its Flavor.

(Prepared by the United States Department of Agriculture.)

When you find the very large rib pork chops in the market you can immediately plan an extra good dinner. Have the pork chops cut at least an inch and a half thick, and either ask the butcher to split each one to make a pocket for stuffing, or do so yourself. One chop will be enough to allow for each person. After the savory stuffing described herewith has been put into the chops, they are baked very slowly in a casserole or a covered baking pan. The apple that tradition requires as an accompaniment to pork is cooked with the chops and enhances



Splitting Pork Chops for Stuffing.

the flavor. As all pork should be thoroughly cooked give the chops plenty of time in a moderate oven. The bureau of home economics of the United States Department of Agriculture furnishes the following directions for preparing chops in this way:

- 6 rib chops, 1 1/2 inches thick
- 1 cup fine dry bread crumbs
- 1/2 cup chopped celery
- 1 tbs. butter
- 1 tbs. minced onion
- 1/4 tsp. salt
- 1/4 tsp. savory seasoning
- Dash of pepper
- 1/2 tsp. celery seed
- 2 tart red apples

For the stuffing cook the celery, onion and parsley in the butter for a few minutes; add the bread crumbs

### SOME HOUSEHOLD HINTS

Hot milk instead of cold milk makes smoother mashed potatoes.

A child who is worried, irritated, unhappy, or overly tired at meal time cannot digest his food properly.

A filing case included in the furnishings of the boy's room gives him an opportunity to start business-like habits early.

Bolled milk has a tendency to stick to the pan in which it is heated. After removing it from the stove, pour out the milk and replace the cover immediately before the steam has a chance to escape. Let it cool. Then place the pan in cold water to soak.

### To Prepare Savory Rice

Chop one large onion fine and fry in one tablespoonful of bacon grease. Add two cupfuls of boiled rice, two chopped green peppers, two tablespoonfuls of grated cheese, two tablespoonfuls of butter, one small can of tomatoes, one teaspoonful of Worcestershire sauce, and salt, pepper, and paprika to taste. Stir well and simmer on top of the oven or over a low flame for half an hour until all flavors are thoroughly blended.

### Bright Clothes Protect Children

Bright-colored clothing is a protection to little children, as well as a source of pleasure to them, the bureau of home economics of the United States Department of Agriculture points out in a recent publication on play suits. The bureau recommends making these garments in vivid colors, and suggests that the same idea may be applied to their coats or other outer garments because of traffic dangers. Of course it is desirable to keep all children out of the streets as much as possible, but in large cities there is often no other open-air place for them to play. In any locality it is at times necessary for them to cross streets where automobiles are numerous, and it is then that they are endangered by the inconspicuous colors which are usually worn.

Motorists often fail to see children wearing coats of gray, tan, brown, navy blue, and black, because

and seasonings and stir until well mixed. Wipe the chops with a damp cloth. Cut a pocket in each chop as illustrated. Sprinkle the chops with salt and pepper and rub lightly with flour. Sear the chops in a heavy, hot skillet, turning the fat edges down at first and then browning both sides. Then fill each chop with stuffing and skewer the edges together with toothpicks. Lay the stuffed chops on a rack in a baking dish or pan with cover. On the top of each place, cut side down, one-half of an apple which has been cored but not pared. Cover closely and bake in a moderate oven (350 to 375 degrees Fahrenheit) for about forty-five minutes, or until the meat is tender. Lift the chops and apples together from the baking dish onto a hot platter and remove the toothpick skewers. Garnish with parsley and serve at once.

## Food That Is Liked by the Family

By NELLIE MAXWELL

"A drop of water is so slight That as it falls, it fades from sight And yet enough of them will be A torrent or a raging sea."

Take a center cut of fresh salmon, cover with cold water and plenty of salt. Bring slowly to a boil, removing all scum, and simmer until the fish is tender. Drain well and serve with the following sauce: Take six tablespoonfuls of butter, the yolks of two eggs, put them into a double boiler, stirring briskly until the butter is dissolved. Mix two tablespoonfuls of flour with the egg mixture, add the juice of a lemon and one cupful of milk, a little grated nutmeg and pepper and salt. Stir constantly, until it thickens to a smooth custard.

Pike a la Tartar.—Cut a fresh pike into slices and lay the slices into a marinade of olive oil, minced onion, salt and pepper, finely cut mushrooms and parsley. Cover the fish with bread crumbs and broil, brushing with the marinade. When the fish is a golden brown, place on a hot platter and serve with parsley and a tartar sauce.

Spinach With Egg.—Boil spinach in very little water. Beat up two eggs for each pound of cooked chopped spinach, sprinkle with bread crumbs that have been well buttered. Pour over olive oil or butter and heat thoroughly. Serve hot.

Consomme Royal.—Beat two eggs, add salt and one-half cupful of milk. Pour into a square shallow pan and cook over hot water until the custard is firm. Cool, then cut into small

squares and serve in hot consommé. Glazed Peach Fritters.—Peel, stone, and cut into halves, firm peaches. Toss about until well covered with sugar, being careful not to break them. Canned peaches may be used. Take two cupfuls of flour, one-half cupful of water and mix this batter with the whites of two eggs well beaten, adding salt and a tablespoonful of melted butter. Bring some hot vegetable oil to the proper heat, dip each peach into batter then fry in the hot fat. When lightly brown drain on a paper and sift over powdered sugar. Place in a hot oven for a few minutes to glaze. Serve on a dolly-covered plate while hot.

There are few parents who are not troubled and many who are not vastly worried over the problem of proper food for their children. It is often hard to induce children to eat foods that they should eat, with a nifty willingness. Our physicians today tells us (those who are making a study of child feeding) that bulk in the diet is absolutely essential and much of the digestive trouble is due to a lack of cellulose in the diet. While we need bulk in our food we may wish to get the mineral matters which are so essential to a good blood stream.

Spinach, Swiss chard, broccoli, turnip tops, beet tops, dandelion, mustard, cress, cowslip greens, are all fine bulky foods; they all carry iron and other elements so needed to keep the blood in good condition.



## Story for Children at Bedtime

By MARY GRAHAM BONNER

David and Equator recognized each other at once. Equator as leaning up against the earth and looked as fat and as round as ever. In fact, he looked so fat that it seemed as though you noticed at first that a head was at one end of a great bundle of fat and at the other were two feet. He was fanning himself with an enormous fan which blew the hot air toward him.

"Here I am in Africa, too," Equator said. "I'm around Victoria Lake where you visited, too, but you were seeing so much then you didn't notice me. No, I don't mind. You needn't apologize. You know my name means Equal, and I've an even, equal, fair disposition."

"It's mighty nice to see you again, Equator," David said. "I remember you told me that your parents gave you your name because you were so fair about dividing the earth into two equal parts—northern and southern hemisphere, as you call them."

"Of course, you don't notice North America, or Asia, or Europe, but then, you only call them trifles."

### Farm Women Have Long Week

More than sixty-three hours a week is the average "working time" for 700 farm women who kept records and reported to the bureau of home economics of the United States Department of Agriculture.

They reported an average of 52 hours and 17 minutes spent on strictly home making activities alone. This is more than the 44-hour working week which is the standard in industry, the bureau points out. In addition, these women spent an average of 11 hours and 13 minutes a week on dairy work, care of poultry, gardening, and other outside tasks.

Some of these 700 home makers lived in the Middle West, some in New York state, and some in three far western states. The group as a whole represents rather superior home makers—those likely to cut down working time by intelligent methods. For the country as a whole, the average working time would probably be higher, the bureau says.

Equator chuckled softly to himself. He told David that Lake Victoria just sat upon him, but because he had such a warm heart and was so good-natured, he did not mind.

"You know years ago," Equator said, "up in Uganda, and maybe in some other parts, too, if a king's musician played out of tune he could be killed. I never used to sing then, I can tell you."

"Won't you sing for me now, Equator?" David asked. "You did before." He felt that Equator had told this story as a hint to be asked now.

"Certainly," said Equator brightly. So Equator sang his lullaby, or rather one of his few, sleepy lullabies. This was it:

Old Equator round the earth, Never minds a generous gift, Old Equator sings this song, It won't be short, it won't be long—

For Old Equator is so fair,

Old Equator is good fun, Smiling at him is the sun, He's not one to dance and prance, Never does he get the chance,

But Old Equator doesn't mind.

Lullaby 'Quator in your earth ocean cot, You never would journey to any cold spot, You're a dear, though you're fat, Every one says that, So sleep sweetly old 'Quator in your earth ocean cot.

Equator had now sung himself to

sleep, and David decided he would take a little nap, too.

It was strange to think that one was taking a nap right by the Equator, and that this was only a part of Equator's home—for Equator spread all around the earth.

David certainly loved his adventures, and meeting all these creatures



"Here I Am in Africa, Too."

when they were out of the study book, and when they were being so jolly, and so friendly, and such good fun.

How glad he was he had come along to have adventures.

He thought better of them all the time, and seemed to find new wonders each day, and new, interesting friends. (© 1929, Western Newspaper Union.)

## Beret Expresses Personality

By JULIA BOTTOMLEY

Make yourself a beret and see how it can express your personality. It's easy. All the girls are doing it. Paris has decreed, and all the world agrees that the soft, informal beret is quite the thing for wear with sports clothes, the soft tweed and wool ensembles, and later on those lovely cotton frocks you are thinking of making or buying, for cotton has come into its own again, and very beautiful are the new designs. Incidentally these berets you are going to make to match or contrast with your spring and summer wardrobe are crocheted or knitted from cotton yarn which washes like a handkerchief, and comes in all the smart colors, fashion favoring yellows, tans and browns, and the newest of purples, reds, greens and blues, as well as the more delicate pastels and white.

You could really afford a different beret for every sports frock and ensemble, as the cost of making is but 50 to 75 cents. You will doubtless want one in white, as white is going to be very popular indeed this summer, and white accessories will be most worn with pastels, such as white kid shoes and a white beret with pink or light blue or pale green, as well as with white frocks. Stylists tell us it is going to be a big white kid shoe season, and naturally one must match hat and shoes in contrast or in self-tone with the costume.

Some of the smartest of the new ensembles have beret, belt and envelope bag to match, and the girl who is at all ingenious should experience no difficulty in crocheting or knitting beret, bag and belt of the fine, long-thread cotton yarns now on the market, which are so soft, so light and so pliable, they make up really luxurious.



There are two types of berets you can crochet, the snug top, like that in the upper left corner of the sketch, and the vagabond, like that at lower right. By a little manipulation these two shapes can be twisted and turned into six or eight styles of becomingness. Two of these different versions of the vagabond type are shown in the center of the sketch.

In making either the snug top or vagabond beret, first measure the head size around the top of the forehead, over the ears and back to the nape of the neck. This measure is usually 22 to 23 1/2 inches. You will require two balls of the cotton yarn for the snug top, and three balls for the vagabond type. (© 1929, Western Newspaper Union.)

## HOW TO LIVE LONGER

By JOHN CLARENCE FUNK, A. M., Sc. D.

Director of Public Health Education, State of Pennsylvania.

### A Terrible Sacrifice

SYMPATHY is one of the most beautiful of life's attributes. And it usually is electrically responsive to any situation demanding it. But there somehow seems to be an unfortunate exception to the rule. Last year in the United States 16,000 women lost their lives through one cause alone. And this great calamity never for a moment attained the importance of a front-page headline in the newspapers. In the main, it was not even noticed—except by those in the family who were left behind. Nevertheless, such was the awful price American women paid during the last 365 days that new lives might come into the world.

True, there was nothing spectacular about their deaths. Happening quietly, day by day, all over the nation, an occasional obituary notice would be read followed by an impersonal sigh. That ended the matter. But it in no way lessened the terrible toll of life. Somehow, prospective parents must be made to realize that the expectant mother not only needs a physician's care at the time of the event but requires constant supervision during the entire nine months' period. Essential as this is, the fact remains that thousands of families never consult a physician until the crisis occurs—when it is often too late.

A physician in charge from the beginning means that complete physical examinations and regular tests will be made. In this manner forewarnings of serious conditions can be promptly and effectively acted upon. Health departments can preach and preach upon this subject, but there is no law which compels those approaching maternity to seek the care of physicians during the months of waiting. It is perfectly accurate to say that with the expectant mothers under the personal guidance of a capable physician during the entire period, a tremendous reduction in the maternal mortality rate would result.

Prenatal care is little enough to ask for the brave women who go down into the valley of the shadow of death that the race may be perpetuated. Stop the frightful sacrifice. Let the women who bear us live!

### "Water, Water All Around..."

FOR the young and hardy middle-aged swimming is one of the finest forms of exercise. Horse back riding excepted, it brings into play at one time more muscles than does any other form of physical activity.

With the remarkable increase in the all-season pool, the delights and advantages which formerly were limited to a few weeks during the summer months have now been spread over the whole year.

Many grown-up people who prefer to take their exercise in a comfortable chair could, with logic, go in more strenuously for health by going into the water. Assuming, of course, that the doctor, after a physical examination, approves this type of exercise for them.

With that condition satisfied, health and discretion demand the observance of the following commonsense rules:

- 1—Choose a clean and cleanly operated pool. Better none than a dirty one.
- 2—Bathing suits are cheap. Therefore, use your own. The unsterilized commercial variety have been known to pass on serious communicable diseases.
- 3—Take a shower before entering the pool.
- 4—Take a cool or cold shower after leaving the pool. You owe it to yourself as a needed protection against the cooler, outdoor weather. Never miss it.
- 5—Defer your swim if suffering from a cold or you may get something worse.
- 6—And above all else, keep your enthusiasm under control. Over exertion is as bad and sometimes more dangerous than no exertion.

Now then, One! Two! Three! Splash! (© 1929, Western Newspaper Union.)

### Remarkable Oak Tree in Small English Wood

The famous old oak, standing in the heart of a wood known as "Yardley Chase," took its name from a poem written by Cowper in 1791, while he was living at the Lodge, Weston Underwood, says London Tit-Bits.

There is a tradition that it was formerly known as "Judith's Oak," and was so named because, as legend says, it was planted by William the Conqueror's niece, Judith, countess of Northumberland. If this be true, and the tradition is commonly believed in the parish, its age may be assigned to the time of the Norman conquest, nearly eight and half centuries ago.

Amongst Cowper's papers was found the following memorandum, undated: "Yardley oak, in girth feet 22, inches 6 1/2." The tree is wonderfully suggestive of old age, and yet many of the branches bear fresh green leaves every year.

### Plays Sanitary

Joyce's mother was entertaining a table of bridge. The five-year-old brought her own cards, table and chair quite near the guests and said: "I don't play bridge, but I play sanitary, the kind of game that you just play alone." (© 1929, Western Newspaper Union.)



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Passions' Penalty. Our passions are like convulsion fits, which make us stronger for the time, but leave us weaker forever after.—Dean Swift.

A stingy man has few friends—and needs few.



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