

Balance Your Breads

By BETTY BARCLAY
the Well-Known Food Writer.

Prepared Exclusively for the Illustrated Feature Section

BREAD may be the staff of life, but many dietitians feel that much of our modern bread has been refined until it is a rather poor staff to lean on. The darker breads, whole-wheat bread, bread containing fruits of various kinds—these are much more popular with health authorities than the plain white bread that is so commonly eaten.

If you insist upon buying your bread, see to it that you favor the darker and whole-grained breads—particularly during the hot weather. If you are a woman who delights in turning out home-made bread, biscuit, rolls and such delicacies, try one of the recipes given below and see how it will appeal to the members of the family. You may be sure the children will like these novelties, and unless the man of the house is an old-fashioned fogie, he too will praise your efforts:

FIG WHOLE WHEAT BREAD

- 2 cups whole wheat flour
- 1 tsp. soda
- 1 tsp. salt
- 1/2 cup chopped nut meats
- 1/2 cup milk
- 2 tbsp. shortening
- 1 cup bread flour
- 1 tsp. baking powder
- 5 tsp. brown sugar
- 1/2 cup molasses
- 1/2 cup water
- 1 cup chopped figs

Mix and sift dry ingredients. Add chopped figs and nuts. Mix molasses, milk, water and melted shortening and add to first mixture. Pour into greased bread pan and let stand 20 minutes. Bake in a slow oven (250 to 275 degrees F.) 1 to 1 1/2 hours.

PEACH BRAN BREAD

- 1 Egg
- 1-3 cup sugar
- 2 1/2 cups flour
- 1 tsp. soda
- 1/2 tsp. salt
- 2 tbsp. shortening
- 1 cup sour milk
- 1 cup bran
- 4 tsp. baking powder
- 1/2 cup chopped nuts
- 1 cup dried peaches

Wash peaches, boil ten minutes.

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drain and chop. Beat egg, add sugar creamed with shortening, sour milk, bran and beat thoroughly. Combine

Marvelous Love Story

(Continued from page one)
The 120 talents of gold alone was worth \$3,690,000—a vastly greater sum in those days.

Truly a royal present! What must be the wealth and power of a Queen who could make such a gift!

Love At First Sight

But something else had happened; the dark olive-colored king and the beautiful and majestic black queen had fallen in love with each other on sight.

Each was dazzled by the other. Each demanded in his or her heart: "What is this I behold? Is it a vision or a living creature?"

Solomon had built for Makeda a throne covered with carpets of silk, and hung with fringes of gold, silver pearls and diamonds. She sat on this throne by his side; he delivered judgment, and she marvelled at his wisdom.

He gave great banquets for her—the banquet hall of which was so perfumed with myrrh, galbanum, and incense that one was almost already filled by the odor of them.

She accompanied the king as he went about giving orders for the building of the Temple. She saw him give the measures to the workmen; she saw him balancing the instruments, commanding the carpenters, the marble-workers, the jewelers.

THE CREEPING THING

By Cora Jean Moten

(Continued from page four)
The whole top of the scalp had been removed—cleanly as an Indian does. The woman had been scalped and she was dead. There was no doubt of Alene Hardmore's death. I saw that at the first glance. There should be no disappearance of this body, though, that at least I would prevent.

Very deliberately, but not without inward tremors, I took my cigarette lighter from my pocket and carefully and methodically proceeded to light every one of the huge candles in that room of death. Standing in awe and fatalistic wonder, Diaron and Alec looked on.

When I was through I spoke to them.

"Diaron," I said, holding my voice calm by the strongest effort I have ever used before or since, "go down and summon the sheriff, the co-

roner, the marshal, and the undertaker."
I turned to Alec. "And you, old man, get hold of yourself. Take your flashlight and stand guard there at the door. I am going to stay here till the folks come. We'll leave the door open."

TO REPAIR TEARS IN WOOLENS

Tears in woolems may be darned with ravelings of the material, sewing silk, or strands of hair, sometimes so skilfully that they cannot be detected; a tear in a garment not given hard usage may perhaps be repaired invisibly by the use of mending tissue.

be the One who brought me to your house to hear your voice."

And Solomon replied: "Beautiful Queen of the South, I am the happiest of men. Wisdom has been awakened in you for my happiness and yours. The wisdom with which you credit me I hold from God, alone."

"Wisdom was already yours, for without knowing the God of Israel you resolved in your heart to come and visit me. You wish to become the humble servant of God. See, I have reared here the Tabernacle of the Ark of the Covenant. I stand before it. I serve the Ark of the Covenant of the God of Israel, which is Zion, the Holy, the Celestial. I am but the servant of God. I exist out by His will. I was dust before he formed me in his image, and to dust I shall return."

(Continued on page eleven)

A BABY FOR YOU!



Mrs. Tamayo, Taft, Texas, Tells Her Story

"I suffered with troubles peculiar to women and believed would never get well, nor have children, but with the Gen-Yone treatment I felt relieved and gave birth to a Baby Boy. My husband and I are grateful and recommend Gen-Yone Compound."

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This reliable company agrees to return the \$2.00 if you are not satisfied, no return should not hesitate in accepting their generous offer.

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