

Children's Fairy Tale

By MARY GRAHAM BONNER

"Why is there so much excitement?" asked Mr. and Mrs. Peacock as they walked by.

"Don't you know?" asked Miss Ham.

Mr. and Mrs. Peacock didn't pay much attention as they were too proud to care to see much of the pig family and they wished some one else in the barnyard had answered their question.

But still they repeated their question.

"What is going on, and why is there so much excitement?"

"We are going to have a parade," said Mr. Rooster. "Will you join?"

"Thank you," said Mr. Peacock. "We would be glad to join the parade."

"But you must give us plenty of room," said Mrs. Peacock. "We have to spread our handsome trains and they take up quite a bit of space."

"They are so big and handsome. But we'd love to join the parade for we like to march and strut."

All the other animals agreed to give the peacocks plenty of room, and the parade started.

The farmer couldn't imagine what it all meant. The animals were marching around, all making as much noise as they could.

And that is a good deal of noise, I can assure you!

Mr. Rooster led the parade and he looked very grand with his fine red top or hat.

He crowed and crowed. He felt he was not only leader of the parade but leader of the band.

You see they all said that they did not need any outside band for the parade.

They felt that the noise they would make would be quite enough. And of course it was.

The only difference was that their noise was not like music! But the animals didn't know good music from bad music and their idea of a band was a great deal of noise.

They marched around the barnyard and Mr. Rooster kept crowing the directions.

"Cock-a-doodle-do, this way, this way," he would call.

And all the animals followed along.

Some of them did not walk in a very straight line, but that didn't make much difference.

The crows cawed from above and even the sparrows joined in the noise all they could.

"This suits us," they said to themselves. "These creatures don't mind our voices at all."



Mr. Rooster Led.

"They just like noise. So we can join in a very large chorus like this."

"Other birds are so fond of their own special songs. And they have such a funny way of caring about tunes."

As a matter of fact, the sparrows were hardly noticed because of the

noise the other creatures were making.

Pretty soon the farmer came out to look at them again.

"This must be some one's birthday," he said.

"Anyway, I think I will give them a birthday party. I won't bother about a cake and candles, for they wouldn't care so much for such things, but I will give them some good seed, and perhaps a few cake crumbs."

So the farmer gathered together some special goodies and the animals immediately rushed from the parade line and grabbed what they could.

"Dear me," said Mr. Rooster as this happened, "the parade is all over."

"Well," said Miss Ham, "I should think anything would come to an end when there was extra food to be had."

All the animals laughed in their queer ways, but every one had to agree that they certainly had ended the parade in a great hurry when the farmer had given them an extra meal.

But that day in the barnyard was one of the happiest ever had by all the animals, and certainly Mr. Rooster deserved the credit, for he had thought of the idea of the parade—and it was because of that, and so because of him, that they had all had the special, extra treat.

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GOOD THINGS TO EAT

By NELLIE MAXWELL

The Bible writer of Ecclesiastes who said, "There is no new thing under the sun" would be forced to change his views if he lived in our day when the science books of yesterday are so out of date that we feel we



are behind the times if we miss the newspaper. There have been such remarkable things found out about the foods we eat and about treatment of disease in the last few years that one hesitates in making any statement. Life is full of so many things today, such interesting things, that those who would keep the procession in sight must take "vitalic breathing" and use long strides, for who knows what is just around the corner?

We were carefully told many times that candy was "pernicious stuff," and only as a rare treat was candy allowed. Today we know that the active child who uses up so much energy in play, needs a much larger proportion of good pure candy than adults. Teeth, like all other parts of the body, need exercise and the chewing of hard candies, taffies and other hard foods, exercise the gums and make healthy teeth.

The wise mother must use her judgment in giving candy—never before a meal, as it so satisfies the appetite,

that the important foods of the meal are neglected. A little candy at the end of a meal as dessert, or between meals, is considered by the best authority to be good for the child. Candy which dissolves and leaves no residue on or between the teeth, is considered much more wholesome than cake, which lodges and causes decay.

The science of dietetics has made vast strides in the last ten years. Fried potatoes, griddle cakes with sirup, sausage and doughnuts were the children's food for breakfast not so long ago. We thought them good, and even indulge occasionally now, but no mother who reads would feed her child on such food today.

Orange Dessert.—Peel two oranges, removing all the white membrane. Remove the pulp in sections. Seed less oranges are best. Arrange the sections in glass dessert dishes, three or four sections to a dish. Pour over orange junket mixed with a pint of lukewarm milk, add sugar to taste and allow to stand in a warm place until set. Chill before serving.

Golden Glow.—Take a package of lemon junket and a pint of milk, pour into five glasses. Rub a cupful of dried and stewed apricots through a sieve, sweeten to taste. When the junket is firm set away to chill. At time of serving top with apricot whipped with egg white and sugar, with two tablespoonfuls of apricot pulp.

Art of Cooking and Serving



Cooking Club Girls Learn to Set Dinner Table.

(Prepared by the United States Department of Agriculture.)

One of the outward and visible signs of progress in the field of home making, as 4-H club girls learn its various phases, is the ability to plan a good menu, from the health standpoint, cook it palatably, and serve it gracefully. Part of this last aspect of meal preparation is learning to set a table in the accepted way. These club girls in Albemarle county, Va., are all at the age when they help their moth-

ers constantly with the different household tasks. They usually have ideas on what is attractive or up-to-date in the appearance of their homes, and are especially interested in the details of entertaining the friends of the family. The home demonstration agent is showing this group how a dinner table ought to be set for six persons. She has demonstrated the use of a low flower centerpiece on a round embroidered dolly of white linen, and has begun to place the "covers" or individual sets of flat silver in the proper positions—forks to the left, knives and spoons to the right, napkin neatly folded at the left. Next, at the tip of the knives, the water glasses will be placed, and salts and peppers if used. Bread and butter plates with spreaders will go above the napkin, on the left. She shows how platters and other containers should be set squarely in front of the person who is to serve, not diagonally or in hilt or miss fashion as such dishes sometimes appear on the table. No doubt a count will be made of the number of serving spoons that are needed and the position of the carving knife and fork indicated.

Instruction about unobtrusive crumbing and clearing away is part of the general subject of table usage. As in many homes, no rug is used on this dining-room floor, for experience has shown that this is the hardest floor covering in the house to keep clean. One of the charms of this dining room is its freedom from articles that do not belong in it or add in any way to its appearance. Farm girls who live far from neighbors have fewer opportunities than city girls to go into other people's homes and observe how surroundings may be made attractive. The co-operative extension work takes this into consideration in planning what to include in its club projects.

University's Position

A university should be a place of light, of liberty, and of learning.—Disraeli.

Here is a dish you will wish to list with those worth keeping:

Salmon Souffle With Spanish Sauce.—Flake one can of salmon after removing all skin and bones. Add one-fourth teaspoonful of salt, one-eighth teaspoonful of paprika, two teaspoon-

fuls of lemon juice. Cook one-half cupful of soft bread crumbs in one-half cupful of milk five minutes, then add the salmon and the yolks of three eggs beaten thick, fold in the stiffly beaten whites and turn into a buttered dish; set in a pan of hot water and bake in a moderate oven until firm. Serve with:

Spanish Sauce.—Melt three tablespoonfuls of butter, add three tablespoonfuls of flour and when well blended add one cupful of milk and one-half cupful of cream. Bring to the boiling point and add one-half cupful of pimento puree, one teaspoonful of salt and one-eighth teaspoonful of pepper. To make the puree drain a can of pimientos and put through a coarse sieve.

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Sin is merely a state of mind.

CONFECTIONS THAT HELP MENU

(Prepared by the United States Department of Agriculture.)

Try these two unusual confections the next time you need something to mark a festive occasion. Both can be made at home from materials readily obtainable. The bureau of home

the outer rind or white pith; use the entire peel. Parboil the peel three times. Add 2 quarts of cold water each time, bring to the boil, cook for half an hour, and discard the water after each cooking. The strips should then be tender and must be handled gently to prevent breaking. Place the water, salt and sugar in a saucepan about 8 inches in diameter and stir until the sugar is dissolved; then add the strip of peel arranging them carefully, skin side up, so that they lie parallel to each other to prevent their being broken when turned. Cook rapidly for about 40 minutes, then reduce the heat and continue to boil gently for about 30 to 40 minutes longer, or until all the sirup is absorbed. Great care must be taken at this point that the sirup does not scorch, and the strips of peel must be lifted or turned frequently with a fork so that all are equally penetrated by the sirup. Place the strips skin side down on waxed paper and when cool cut in pieces from 1½ to 2 inches long.

Put the dipping chocolate into the upper part of a double boiler over boiling water, remove from the fire, and allow the chocolate to melt slowly. When soft drop in the fruit. Use a fork to lift the grapefruit from the chocolate scraping off the drippings and put the candy on waxed paper to dry overnight.

Chocolate Coated Apple Confection.

This is dipped in the same way as the grapefruit peel, after it has been standing for an hour or two to dry off. In packing either of these confections in boxes, put paraffin paper between each layer. To make the apple filling for this second confection you will need:

3 firm tart apples Rind of 1 lemon
1 cup sugar Chocolate for
1 cup water dipping

Wash, pare and cut the apples into three-quarter-inch cubes. Prepare a sirup of the sugar, water, salt and lemon rind, and cook for about 5 minutes. Put the apples into the sirup, cover and cook slowly until they become clear, and the sirup thick. Drain from the sirup, spread out in a single layer, and let stand for an hour or two to dry off.



Making Candied Grapefruit Peel Before Dipping in Chocolate.

economics gives the directions for making them. Be sure to get the kind of chocolate especially intended for dipping, and take care that it does not become hot when melting it in the double boiler, as that will cause the candy to be streaked when cold.

Jellied Grapefruit Peel Dipped in Chocolate.

Prepare the grapefruit peel several hours before you dip it, so that it will dry off somewhat.

10 ounces grape- 1½ cups water
fruit peel for sirup, or
2 cups (14 ounces) enough to cover
sugar Chocolate for
½ cup salt dipping

Thick, soft, unblemished peel from smooth grapefruit should be selected. Strip the peel from the fruit in quarter sections, including all the white part possible, and cut into strips one-half inch wide. Do not trim off either

Failure of Humanity to Find Real Happiness, Indictment of Christianity

By REV. DR. HENRY DARLINGTON (New York), Episcopal.

IF THOMAS A. EDISON'S birthday statement that he did not know any one who was really happy is a correct quotation, and if Mr. Edison is only partially right, what a judgment on 2,000 years of Christianity! One of the great things that Jesus sought to give us was happiness, joy and peace. And yet how few of us are realizing that God meant us to get the most out of life.

This we are failing to do, I believe, because of four joy-killers that loom all too large in the average person's mind, the product of over-emphasis on material values. First among these joy-killers we may place the Puritanical ideas and distorted sense of sin that too frequently make people feel that to enjoy themselves would in itself be wrong. They think that anything that is pleasing must be bad.

Worry is the second of life's great joy-killers—worry over things not worth considering. Jesus preached against worry. In one of the modern translations we find Him saying, "Don't let these fear-thoughts get the better of you."

Our third joy-killer is the ceaseless urge of this age which seems to be prodding us on and on. Here in America we seem to think that unless a man is working his finger nails off, there is something wrong with him. We seem unable to relax, to sit content on a beach and listen to the music of the waves.

Jealousy, bringing us all sorts of unnecessary temptations, is the fourth joy-killer.

Typical American and Christian Governed by Ideals Not Appetites

By REV. DR. JOHN McDOWELL, Presbyterian.

Character is the only foundation upon which we can build a republic. Conscience, not science, is the only adequate basis for a democracy. To speak of our American ideals with no reference to American religious faith is a thin and shallow interpretation of the nation's soul. A nation can exist without religion, but it cannot live without it.

The present situation in America creates and deepens three compelling convictions.

First—There is no hope for Americans apart from the Kingdom of God. No new political system, no new educational system, no new industrial system, no new social system apart from the Kingdom of God can ever save America.

Second—There is no hope for the Kingdom of God apart from the Christian church. Other institutions will help the church, and for their help we are profoundly grateful, but not one of them will take full and primary responsibility for bringing the Kingdom of God—the kingdom of righteousness, peace and joy—into the life of America. The school will not take it, the college will not take it, the legislature will not take it, congress will not take it, the court will not take it, the public press will not take it. If the Kingdom of God is to come into our American life, the Christian church must take primary and full responsibility for bringing it in.

Third—There is no hope for the Christian church apart from an efficient, consecrated leadership and membership which possesses the following qualities: vision, knowledge, conviction, co-operation, sacrifice and character.

Fault of Modern Education That It Gives No Clue to Significance of Life

By REV. S. M. SHOEMAKER, New York.

Our education today gives us so much knowledge and so little wisdom, so much sophistication and so little maturity, that when we have run the gamut of exciting sensations and exhausted the possibilities of such life as we know, our souls are like rags wrung out, like squeezed lemons.

It is a most baffling and uncertain time. The old anchors and moorings are gone. The assurances which science and the new liberty held out to us have not materialized. The animal existence which gives free rein to the instincts does not invariably lead to liberty, but often to worse enslavement than before. The intellectual life of investigating and learning, is high and fine, but it gives no clue to the significance of life.

It was Jesus' personality throughout the centuries that has compelled men to follow Him, and although His presence is no more visible on the earth His appeal to youth has grown even greater. The mark He has left upon history has been only a white mark. Many crimes have been committed in the name of His religion, but they were faulty human mistakes in application. Jesus himself has only exercised a beneficent and ennobling influence upon men and the world. Such a one, standing in front of the moral and spiritual vanguard of humanity, has a right to call each of us, and expect us to take up like men, and not run and evade like cowards.

Better Than Monetary Assistance Is Aiding Needy to Help Themselves

By REV. C. EVERETT WAGNER, New York.

Those who need help should be taught to help themselves rather than receive momentary assistance by flinging out gifts of money. When sympathy runs wild by performing deeds for those persons who have aroused it, the recipient is harmed more than he is aided. In this way parents are frequently the worst enemies of their children. Individuals hand out money for relief instead of finding a permanent job for the unemployed.

Thousands of people will reach down in their pockets in the distress of thousands that are out of work, but they will not invoke the principle of trying to aid people to assist themselves by agitating for the establishment of state and federal employment bureaus. When they know an aged couple in want they satisfy their own emotions and sleeping consciences by giving temporary assistance instead of helping to create a social order which acknowledges a collective responsibility by passing old age pensions in the various state legislatures.

The last individual which the church can aid is the one who comes to it expecting the institution to do everything for him. That frame of mind is helpless in a constructive method. The first individual which the church should aid is one who really wants a chance to have that opportunity to do so.

Chic Colors for Ensembles

By JULIA BOTTOMLEY



Let's throw an armful of bouquets to weavers and textile designers through whose artistry and genius

near miracles are being performed in the fabric field. It is difficult to imagine materials more alluringly color-

ful and designful than the silks, wools, cottons, linens and rayons glorified in this season's showings.

Woolsens, amazingly light of weight such as enter into the development of so many of the smartest spring ensembles, especially emphasize an enrichment of color and design. Weavers and fabricants are offering unique solutions to the ensemble problem in that they are producing materials which, though individually they are entirely different in weave, collectively they produce a symphonic coloring which assist the designer in unifying a costume. The attractive spring ensemble in the picture illustrates the point in that the coat is made of a salmon-colored basket-weave woolen fabric while the frock is a novelty worsted in a salmon and white tweed-like effect. The felt hat is the same shade as the ensemble.

Color more than anything else identifies an ensemble as an ensemble this season. There may be as many as three or four materials in a costume, according to latest style edict, yet the ensemble becomes a unit because of color relationship. Wherefore stylists are doing amazing things with fabrics, combining them in cunning ways.

This working the costume as a unit has brought about an interesting condition in that every frock now calls for a coat especially designed to accompany it. In creating so many parts to a single costume designers are bringing into play most clever workmanship. This is apparent in the ensemble illustrated, the blouse of which is decorated with appliques of the cloth of the coat in horizontal effect.

Another noteworthy point about this handsome outfit is its attractive salmon colorings. The new woolen ensembles adopt such intriguing shades as chartreuse, wood violet and other fascinating light tones.

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