

Planning the Family Budget



Many Farm Women Keep Household Accounts in Connection With Their Home Demonstration Work.

(Prepared by the United States Department of Agriculture.)

One of the New Year's resolutions made by a good many families is to live according to a budget or definite spending plan for the coming year, but unless there is also a good method of keeping track of money as fast as it is spent so that the outgo may be frequently compared with the estimate, the resolution may fall to bear fruit.

To meet this need for a practical household financial record, the bureau of home economics of the United States Department of Agriculture has designed a convenient loose-leaf account book which may be obtained from the superintendent of documents, government printing office, for 50 cents. However, any ruled blank book may be arranged in a similar way, using the page-to-a-class-of-expenditure system. A square notebook opening at the side rather than at the end, so as to permit ruling columns entirely across two pages, will be found desirable.

How much money do you expect to handle next year and from what sources? Set it down at the beginning of the book. Work out an estimate of probable expenditures for the entire year, getting the whole family to help remember what will be needed, and when the estimate fits the income enter it next. There are a good many classes of expense in most families—food, housing, operating, furnishings, clothing, health, development, personal, automobile, and savings, including insurance. Allow a page or more for each. The edges of the book may be cut out for a marginal index. Provide a summary page to be filled in at the end of each month. Other pages you may wish to include will show "property owned," "household inventory," "record of insurance policies," "record of investments." The bureau of home economics has kept the needs of the farm woman especially in mind in planning the loose-leaf account book with special pages for such items as "products furnished by the farm," "garden record," "poultry record," "canned and preserved goods record," "accounts receivable," "accounts payable." Pages that do not apply to one's needs may be dropped under the loose-leaf plan.

At the head of each class of expenditures, set down the amount shown in the estimate for that purpose. Make a sort of game of trying to keep your expenses for that item within the required figure. Compare results as shown in the summary with what you expected to have to spend. This will give you an idea about planning your next budget. The record

GROUND BEEF ON TOAST A TASTY DISH

(Prepared by the United States Department of Agriculture.)

A suitable lunch dish for the younger children and a tasty one for the whole family is ground beef on toast. This is one of the simplest and most attractive ways to prepare the cheaper cuts of beef. When cooked under a broiler for just a few minutes the ground beef has all the rich flavor of



Excellent Lunch Dish for Children is Ground Beef on Toast.

broiled steak, and the juices which cook out of the meat flavor the toast. In case a broiler is not available cook the ground meat for a very short time in a hot skillet and serve it on buttered toast.

Toast slices of bread on one side. Butter the other side and spread it with a layer of ground raw beef about one-fourth inch thick. Sprinkle with salt and pepper and dot with butter. Cook under a broiling flame in the gas oven until the meat is done but not too dry. Serve with parsley garnish and pickles. If you are serving the dish to children omit the pickles.

SOME PLEASING SALADS

Place pieces of grapefruit on lettuce. Top with a slice of orange and sweet dressing.

Select large orange and grapefruit. Peel and skin out the sections. Place lettuce leaf on plate. Arrange two sections of fruit, grapefruit, orange and pear, across the plate. Stripe the top of each with a thin cutting of green pepper.

Oranges, sliced and covered with sliced bananas and walnuts.

Four dates or soaked prunes, stuffed with cheese on sections of grapefruit or orange.

Some Good Things for the Table

By NELLIE MAXWELL

"The house beautiful resembles the face and form of man. For real beauty requires character; and a home without home features, a home which does not reflect the spirit and tastes of its inmates, is a mere shelter, no matter how costly."

When a dainty and wholesome dish may be prepared for the main dish at luncheon with small amounts of vegetables and a bit of meat the cook may feel assured that the expense saved is quite worth while.



Hot Vegetable Timbales.—This is a very pretty as well as a tasty dish. Cook one beet, skin and chop into dice, add one cooked carrot and one cooked turnip, also diced. Cut into bits one stalk of celery and a cupful of green peas and add enough mayonnaise to moisten. Soften half a package of gelatin which has been dissolved in one cupful of water. When beginning to stiffen fold in one-half cupful of whipped cream, after seasoning well. Decorate when unmolded with stars cut from boiled beets or halves of walnuts.

Green Pea Timbales.—These may be prepared from green fresh peas, canned or even dried. Cook the peas with a little onion until very tender, then drain and press through a sieve

To one cupful of the pulp, add two well beaten eggs, two tablespoonfuls of cream, two tablespoonfuls of butter, salt, pepper, paprika to taste, a pinch of mace and a half teaspoonful of sugar. Pour the mixture into buttered molds and bake as usual. Serve with a white sauce to which a bit of chopped pimento has been added.

Mexican Tomato Canape.—On a round of nicely browned and buttered toast lay a slice of tomato. Cover with a sauce prepared thus: Mix one teaspoonful of chili powder and half a teaspoonful of oil gradually. Beat thoroughly, add a beaten egg yolk, beat again and add four tablespoonfuls of mild vinegar gradually, then fold in the white of a beaten egg and a pinch of salt. Top with the egg white, dust with paprika.

Coffee Spanish Cream.—Heat half a cupful of coffee with one-third of a cupful of cream. Add one tablespoonful of gelatin soaked in one-fourth cupful of cold coffee. Heat to boiling, add one beaten egg with one-third of a cupful of sugar and a pinch of salt. Remove from the fire, stir in one egg white beaten stiff. Mold in small cups and serve cold with cream or custard sauce.

Squaw Dish.—Fry several slices of bacon, cut into small pieces, in an iron skillet and when brown add a pint of fresh corn cut from the cob. Mix all together and fry until well done. If a green pepper is at hand, cut it and cook for five minutes in the bacon before adding the corn.

Prune Cottage Pudding.—Prepare the pudding just as a plain cake batter, sprinkle with sugar when putting into the oven. Serve cut into fancy shapes or squares, topped with a

lemon sauce or whipped cream, garnished with a large cooked prune. Prune sauce may be used with the pudding instead of the lemon sauce. This is even better served hot with a hot sauce.

This is the time when the housewife will add a few more delightful glasses to her fruit closet. The following will be something to enjoy in various ways during the winter:



Quince Paste.—Take quinces with equal parts of sugar. Take equal parts of sugar and water, boil together until a drop stands alone in cold water. Add this syrup to the pulp, cook over the heat stirring until it is difficult to stir, then add a few balanced almonds and spread out one-half inch to dry. Cut into diamond-shaped pieces and arrange in layers with waxed paper between them.

Oyster Stew.—Clean one quart of oysters by placing them in a colander and pouring over a cupful of cold water. Carefully pick over to remove any broken shells; reserve the liquor. Heat the liquor to the boiling point, add the oysters and cook until plump and the edges curl. Remove them to the tureen, add one-fourth of a cupful of butter, salt and pepper to taste. Scald one quart of milk and pour over the oysters and liquor and serve at once.

Tomatoes au Ritz.—Prepare toast and lay on each buttered slice a few slices of tomato to well cover, season well with salt and pepper, cover with grated cheese, pour over a rich white sauce and bake until well heated through. Serve very hot.

Poached Peaches.—Lay half a canned peach on a slice of cake. Put round it a ring of meringue and brown in the oven. Serve with a custard sauce around the cake.

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HINTS FOR HOUSEKEEPERS

When using a meat chopper to prepare bread crumbs, put a paper bag over the mouth of the chopper to keep the crumbs from scattering.

Mattresses which are turned and sunned regularly and protected by washable pads will not only last longer but will also aid sound sleep.

Variety and contrast in the foods chosen make the meal appetizing and interesting. This applies to texture color and flavor.

Short-footed stockings can cause almost as much trouble as short shoes. Buy them half an inch longer than the foot for toe comfort.

When choosing linoleum for the kitchen keep the color scheme of the room in mind and select a pattern that is not too large and does not show soil.

Camera Finishes Picture

Invented by a blind man, a camera which takes pictures and makes prints at practically the same time has appeared in London. It has two lenses, one being the ordinary camera "eye," and the other admitting only ultraviolet rays. Films and paper are inserted together, and whenever the shutter is opened a secret "gas" is released from a small cylinder to develop, fix and print the exposures. When the spool is removed the photographs are unwound at the same time.

Evening Story for the Children

By MARY GRAHAM BONNER

Nick and Nancy had been to visit some cousins who lived in the city, and when they came home they told Daddy about it.

"But there was something strange about the apartment where they lived," the children said.

"Yes?" said Daddy.

Then Nick went on to explain that most of the apartments—and the one in which their cousins lived, was one of them—did not have any fireplaces, and they wondered how in the world Santa Claus could get down their chimneys when there weren't any chimneys.

"I never heard," Nick said, "that children did not have visits from Santa Claus because they lived in apartments, but it puzzled me."

"Ah, I can explain that," said Daddy.

"Please do," urged Nick.

"Yes, please explain," said Nancy.

"When they began to build these great, big apartment houses, years ago," said Daddy, "Santa Claus was on the lookout."

"Now," he said to himself, "I must think of a way to get to the children who will live in those big buildings."

"The people went on building, and they were so interested in watching the floors grow—one went right on top of the other—that they seemed to forget all about Santa Claus and his one trip of the year, which is worth more than anything else that happens."

"And then the people began to build fire escapes. For, they said that when the buildings were so large and there were so many rooms, and so many families, they must have a way of getting out in case of fire."

"And from top to bottom of every building, on every side, they put fire



"I Know What to Do."

escapes, so that no home was without one.

"Well," said Santa Claus, as he drove his reindeer over the roofs of the city that night, to see about his Christmas trip, "that is something I like!"

"Now I know what to do!"

"So when Santa Claus goes to the city homes where there are no chimneys, he leaves his reindeer on the

roof, and down he goes on the fire escape to every single home, and in he gets with his pack.

"After the children are asleep the mothers and daddies unlock the fire escape windows so they're all ready for Santa Claus."

"So you see Santa Claus can always find a way of getting to children!"

"There is never anything that can keep him from the children on Christmas Eve."

"Oh, yes, Santa Claus visits the cities and the villages and the farms. He just has to do a little differently in some homes than in others."

"But it makes no difference to him what they may build, for, after all, children are children, and Santa Claus is Santa Claus, and so you need never be worried or puzzled again."

"He can always find a way to make his visit to children every year."

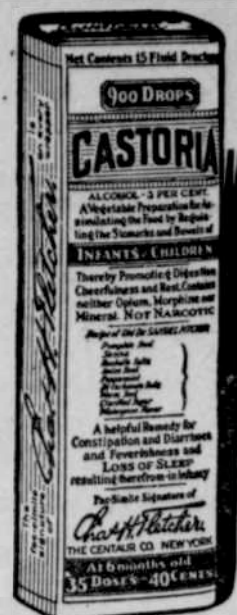
"We knew he could, we knew he could," said the children, "but we are so glad to know just how he does it!"

(© 1929, Western Newspaper Union.)

Can Vegetables Promptly

Vegetables should be canned as soon as possible after they are brought in from the garden. Flat-sour may develop if vegetables are allowed to stand in a warm kitchen.

If Baby has COLIC



A cry in the night may be the first warning that Baby has colic. No cause for alarm if Castoria is handy! This pure vegetable preparation brings quick comfort, and can never do the slightest harm. Always keep a bottle in the house. It is the safe and sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. Whenever there's need of gentle regulation. Children love the

taste of Castoria, and its mildness makes it suitable for the tiniest infant, and for frequent use. And a more liberal dose of Castoria is always better for growing children than some needlessly strong medicine meant only for adult use. Genuine Castoria always has Chas. H. Fletcher's signature on the wrapper. Prescribed by doctors!

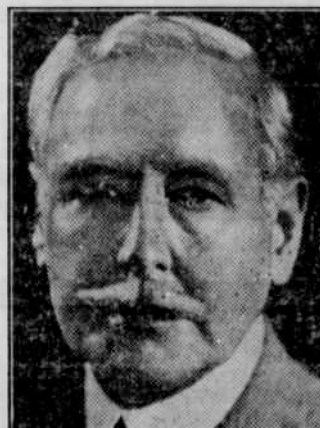
Simple Logic

Visitor (to man of 90)—"You're getting older." Ancient One—"I'm glad of it—else I shouldn't be here!"

Explained

"Yes, my wife left me without reason." "Ah, so that's how you lost it?"

Goes to Hospital to Learn Beauty Aid



Doctor laughed when asked "What cleared my skin?"

"THE first time I heard of it," writes Mrs. E. Whitney of 35 Parker Street, Bangor, Maine, "was when I was at the Hospital. I was very nervous and run down and after my baby daughter was born the doctor began giving me something. In about ten days I felt like a new person. Before then, I was miserable. My skin was in very bad condition and I could not understand what made it clear up so quickly."

"Before I left I asked the House Doctor what kind of medicine it was that cleared up my skin and made me feel so much better. He said 'My dear girl, didn't you ever hear of Nujol? Hospitals aren't the only place where you can get it! You can buy it most everywhere!'"

"I have been using Nujol ever since, and I think it is wonderful."

That's the great thing about Nujol. Not a medicine, contains no drugs, can't possibly hurt you, forms no habit—and if you are like most other people its simple natural way of bodily lubrication will do wonders for you, too.

You see, all of us have an excess of body poisons that make our skins

sallow, only able to work at half or quarter our real ability. When Nujol absorbs these poisons and carries them off easily, normally, naturally, we just feel like a million dollars.

Try Nujol for two weeks, and see what happens. It costs only as much as a ticket to a good movie, and it will mean so much to you. In sealed packages at any drug store. Start feeling fine, this very day!

Done!

Recently Richard was elected president of his class at school. The next day he presided at the first meeting. After all business had been transacted, he said:

"I don't know how to close this meeting, but its closed, anyhow."

Must Have Been

"Why did you sing at the party?" "Because they bothered me to."

"Oh, I see—revenge."—Berlin Uik.

Women may be able to make cake according to directions, but they can't manage husbands that way.

To live is to do battle.—Seneca.

The Other Receives a Bill

"What is the difference between a client and a customer?" "A customer pays cash on the spot."

Mosquito Tactics

A sturdy attack is conceded to be the best defense, but where did the mosquito learn it?—Toledo Blade.

A hobby is something you have to enjoy without talking about it. People won't listen.

The most trouble some women have with their husbands is in getting them.

If no one shows it, alarm is not so terrifying.



Backache Bother You?

A Persistent Backache Often Warns of Sluggish Kidneys.

DOES every day find you lame and aching—suffering nagging backache, headache and dizzy spells?

Are kidney excretions too frequent, scanty or burning in passage? These are often signs of sluggish kidneys and should not be neglected.

To promote normal kidney action and assist your kidneys in cleansing your blood of poisonous wastes, use Doan's Pills. Endorsed the world over. Sold by good dealers everywhere.

50,000 Users Endorse Doan's:

Mrs. L. Dietz, 2015 S Street, Sacramento, Calif., says: "I surely feel grateful to Doan's Pills. Dizzy spells bothered me and I felt tired and nervous. At times I had such a lameness across the back that it was very hard to get around. My kidneys were not acting normally. I started to use Doan's Pills and I am glad I did. Now I enjoy good health."

Doan's Pills

A Stimulant Diuretic to the Kidneys