

Government Cites Convenience of Heating Homes With Oil

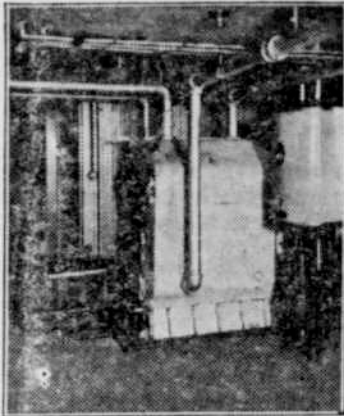
(Prepared by the United States Department of Agriculture.)

There is widespread interest in the new method of heating homes by burning fuel oil, and many types of oil burners have been designed especially for this purpose. People like the relief from the uncertainty of the coal supply, from tending furnaces, taking out ashes and other dirty work, and the possibility of regulating the heat automatically.

The United States Department of Agriculture has made some investigations of oil burners and fuel oils. These studies indicate that this method of heating is well suited to the requirements of many home owners on account of its convenience and ease of heat control. However, to obtain these advantages, the prospective purchaser must be willing to pay the cost of changing to the new system, and possibly an increased operating cost. Before deciding whether a change to oil burning is desirable, there should be a thorough understanding of different types of oil burners, and of installation and operation costs.

Fuel for oil burners is derived from crude oil after other products have been extracted, and is sold in various grades. The proper grade for use in

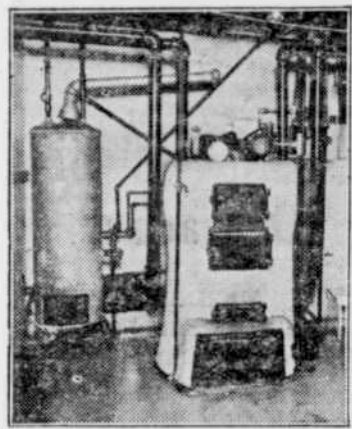
In general these burners are not equipped with automatic control. The atomizing types have a motor and other mechanical devices for atomizing the oil and mixing it with air before delivery to the combustion chamber. They are generally equipped with full automatic control, are less exacting as to the type of fuel required,



Burner Mechanism Almost Entirely Within Furnace.

and are less given to smoking and sootiness because of better combustion.

Safety is of paramount importance in any device to be used in the home. Regardless of any advantages claimed, no home-owner would be justified in installing a burner that is not reasonably safe. The Underwriters' laboratories have tested and listed many of the burners now manufactured as complying with standards of minimum hazard. Burners that have been so tested bear a mark indicating the fact. However, the absence of such marking does not necessarily mean that a burner does not comply with the requirements of the Underwriters' laboratories. There are on the market a number of burners which have not been submitted for test or which are now on the waiting list.



Burner Projects in Front of Furnace.

any case is determined by the type of burner in which it is to be used. The vaporizing type of burner requires a light oil which costs more per unit of heat than the heavier grades, and

Household Hints

A vacuum cleaner is excellent for cleaning automobile upholstery.

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

To eat raw vegetables is one way to get the vitamins and the soluble minerals which may be lost in the cooking water.

Sweet potatoes keep best if they are carefully handled to prevent bruising or breaking the skin, and if they are kept at a medium rather than a cold temperature.

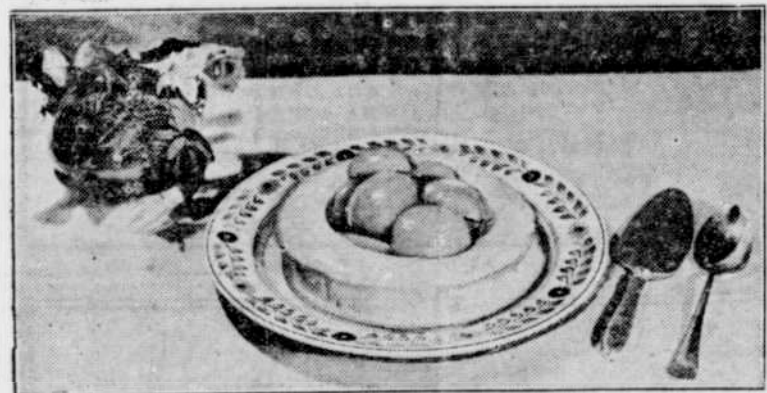
This is the time of the year when pumpkin pies flourish in the land.

Here is one fit to serve the most honored guest: Pumpkin Pie Supreme.

Take two cups of well cooked and browned pumpkin. If the canned variety is used, cook it down until it is a rich brown. Beat five eggs, add one cup of sugar, one-half teaspoonful of salt, the grated rind of a lemon, six tablespoonfuls of lemon juice and two cups of rich



FREEZE ICE CREAM WITHOUT STIRRING



Plain Mousse Made in a Ring Mold.

(Prepared by the United States Department of Agriculture.)

In a good many families the boy that used to turn the ice cream freezer for the sake of a chance at "licking the dasher" has grown up and gone away to college. Or for some other reason, mother does not seem to find it convenient to have desserts made in the ice cream freezer as often as she used to. Perhaps she does not know that very satisfactory ice creams may be frozen without stirring if they are made of suitable ingredients and packed sufficiently long in ice and salt or placed in the trays of the mechanical refrigerator.

A fairly rich mixture must be used in these desserts and the ingredients carefully combined. Properly prepared, these ice creams have a characteristic flaky, crystalline texture which is very much liked. Heavy or whipping cream is used both for mousses and in combination with egg whites in parfaits. If used alone, however, heavy cream is too rich to be palatable, and in cities it is expensive. The bureau of home economics of the United States Department of Agriculture has therefore developed a number of recipes in which the rich cream is diluted by the addition of evaporated milk and thin cream, or by rich milk thickened with gelatin, eggs, or flour.

If the tray in the mechanical refrigerator is used for making the ice

cream the result will be a neat flat cake of convenient shape for serving. A ring mold is attractive, or any desired mold may be used. If the mold is to be packed in ice and salt, the opening should be sealed by having a strip of cloth dipped in paraffin drawn tightly over it. Some other fat with a high melting point could also be used. After packing, the ice cream or mousse must stand for several hours, depending on the shape and size of the mold. Use about three parts of crushed ice to one of coarse ice cream salt.

Here is a recipe for a plain mousse, flavored with vanilla. Plain mousses may be varied by serving them as sundaes with fresh fruits or with sauces flavored with chocolate, caramel, maple, or honey. Less sugar may then be used in the mousse, and it will be easier to freeze. Sugar lowers the freezing point of an ice cream. Other variations are also suggested.

Foundation Recipe for Plain Mousse

1 cup double cream 4 the sugar
1 cup rich milk or 2 egg whites
thin cream 1/4 tsp salt
1 the gelatin 1/2 tsp vanilla

Soak the gelatin until soft in a little of the milk or thin cream heat the remainder and pour over the gelatin. Add the sugar and stir until dissolved. Put the mixture aside to chill. Whip the double cream. When the first mixture has thickened slightly, beat it to

Keeping Up With the Fashions

By JULIA BOTTOMLEY

There's sure lots of excitement in the style realm these days. It seems that new fashions will insist on being old fashions or is it the other way round—old fashions insisting on becoming new fashions? Anyway, the revival of long skirts and short waists has about caused a near panic in the mind of the woman who insists she won't wear the down-to-the-ankle hemlines and she will keep her "bob" no matter how long others let their hair grow, and it's been a regular tussle between Dame Fashion and her followers up to now. However, Mistress Fashion seems to be scoring another triumph, which is not at all surprising, for her record has ever been one of victory.

Arguments on both sides are good. Those on the negative side begin by saying that the chief aim of woman is to look as youthful as clothes and beauty parlors can make one look and that the long skirts add years to one's appearance, besides they are not practical. So there!

Those in favor of the new silhouette talk along lines of clothes psychology, declaring that the long graceful skirts, the slenderizing princess lines and form-fitting bodices, the elegances of detail all tend to create an air of refinement in character, a delightful femininity, a ladylike demeanor on the part of the wearer which is truly fascinating. So there you are, or rather, I should say, where are you?

There's no doubt about the charming costume of black net over satin here pictured, being a convincing argument in the affirmative. The long skirts are, after all, very becoming. Women who have laid aside their prejudice and are wearing them are really quite enthusiastic over the flattering "lines" which they give.

Attention is called to the elbow sleeves which style this gown. Just as womanhood is trying its best to become reconciled to skirts that go down and waistlines that go up, along come



elbow sleeves to be reckoned with, and would you believe it, tiny puff sleeves are "in" again for evening wear. What designers are doing to sleeves, it would take a volume to tell.

Brims of hats are widening, too, as the picture so flatteringly reveals.

Adding a few words, by way of a postscript concerning skirt lengths, after all the change is not so all-inclusive as one might suppose. Sports clothes, for instance, remain reasonably short, four inches below the knee being the average length. As to afternoon frocks they camouflage their lengths with uneven hemlines with deep points and such, the only really very long gowns being reserved for evening and very formal daytime occasions.

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other dishes in a short ten minutes of preparation.

A good salmon salad is prepared with a cupful of fresh grated coconut or the dried coconut with the sugar washed out of it, adding a bit of chopped pickle or olives.

It does not always happen that there is a cold cooked chicken in the larder. But if so, there is chicken salad or hot minced chicken on toast served with a few pieces of tender celery and a cup of tea, making a most savory meal.

Add a cupful of canned corn to a fritter butter and cook some corn patties to serve with chicken or any meat you are serving.

A can of tomato soup with a bit of extra seasoning makes a fine sauce to serve over sliced cold meat heated, or any meat loaf.

It is hardly necessary to mention the large range of canned soups one may serve. One of the good combinations is pea soup and a can of condensed milk, heated hot and served with croutons.

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Fairy Tale for the Children

By MARY GRAHAM BONNER

"I wouldn't mind a little trip," said King Snow. "In fact I need a change. And the earth needs a new blanket. Old Mr. Sun has been melting a great deal away."

Old Mr. Sun grinned. "Well," he said, "I would like to have a holiday, and if you and your friend nearby wish to take a trip I'm sure I could have a rest."

"Your friend would particularly like to have me take a rest. I'm sure of that."

"I like you very much," said King Snow's friend who was Prince Sleet. "That may be," said old Mr. Sun. "but you wouldn't care to have me for a traveling companion."

"But I am not insulted. I understand. I quite understand."

"That's good of you," said Prince Sleet. "It shows what a nice, sunny disposition you have not to get angry at such things."

Incorporate air, add the vanilla and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce richness, increase volume, and improve texture. These proportions will make over four cups before freezing; or, if the egg whites are not used, about three cups.

Half a cup of strong coffee may be substituted for 1/4 cup of the thin cream to give coffee flavor. Or, use 1/4 pound of peppermint stick candy in stead of sugar for peppermint ice cream. One-fourth pound of peanut brittle finely ground and used instead of sugar makes an excellent variety. New to many people. Many other variations in flavor are possible after one has become familiar with the foundation recipe.

"Well," said old King Snow, "now that we are all so friendly and polite let us talk about our trip."

"Do you want to take any luggage or baggage, or whatever it is that they call bags and trunks and boxes?"

"Ha, ha, ha," said Prince Sleet. "you're a good old companion, for you make things jolly."

"No, I don't want to take any trunks or bags along, for I haven't any other costumes."

"And besides, even if I had them, what would be the use?"

"I wouldn't receive any invitations out to dinner, so I would not need

"So you won't need to be bothered with things to carry," said Mr. Sun.

"No," said King Snow.

"No," said Prince Sleet, as he gave a cold, cold whistle.

"Let's get started soon," said old King Snow.

"Ah, I'll have a fine rest while you fellows are enjoying yourselves," said Mr. Sun.

"We had better ask the King of the Clouds, too, eh?" asked Prince Sleet. "By all means," said old King Snow. So Prince Sleet gave his long, cold whistle and then called.

"King of the Clouds, King of the Clouds, come with your Army of Raindrops, and your own most loyal self, come for a trip with old King Snow and Prince Sleet."

Soon along came the King of the Clouds and the Army of Raindrops. "So we're going to have a trip, eh?" asked the King of the Clouds. Prince Sleet and old King Snow nodded.

"And we're going to the earth, eh?" asked the Army of Raindrops. Again Prince Sleet and old King Snow nodded.

"May we come, too?" asked some very cold, chilly voices, and they all saw the little Brothers coming near along with old Mr. Freezing-is-Fun.

"Indeed you may," said Prince Sleet. "and this will be the right sort of a place with all the right sort of travelers going along."

So they all started, led by Prince Sleet. They went down to the earth and had a marvelous trip. The earth people said the storm was dreadful but Prince Sleet and the others thought it was splendid.



Mr. Sun Grinned.

special clothes for the evening, and I won't be asked to any dances.

"How about you, old King Snow?"

"Well I don't need any best clothes for all I am ever invited to are—

consting parties, and sleighing parties and snowball fights, and at these entertainments no one dresses up," said King Snow.

Daddy's Evening Fairy Tale

By MARY GRAHAM BONNER

MINNA'S CERTAINTY

The adventures were coming to an end for Minna, but she would not feel badly because she had had such a beautiful time.

She had been taking music lessons and she loved music but she had never thought she would have the wonderful treat of being invited into a music shop and actually meeting all the instruments and pieces of music when they were having a jolly time.

And now a C Major Scale was going to be married to a Miss First Piece and the Violin had just played a lovely tune for the guests.

At the end of the tune every one sighed a little, whispering, "Wasn't that sweet?" and, "Have they come yet?"

The Violin went to the back of the shop from where the bride party would march and now he took his place as best man, giving a signal to Minna to commence playing.

They all came along, the ushers, bridesmaids, Miss First Piece with her head down just a trifle, and C

Major Scale looking very proud and happy.

As they marched in all the wedding guests arose and sang to the familiar wedding music these words:

Here comes First Piece,
Here comes First Piece;
We hope her happiness
Never will cease;

Here comes C Scale,
Here comes C Scale,
He is the hero
Of our merry tale.

After the march was over and they had been given the Bass Viol's best wishes and rhapsody's blessing, and all the others had congratulated them, every one suddenly shouted,

"They're off!"

Minna tore up some old pieces of paper and they all threw them after the bride and groom.

The Piano gave them a music case fitted up with some extra notes as a parting present, and off they vanished, through the inside office, up the back stair case to the balcony.

It was rumored that they expected to spend their honeymoon here.

As Minna walked away from the foot of the stair case and came again into the shop every instrument and piece of music had gone back to its place.

There was absolute quiet.

And now they looked just as they always had looked.

No longer did they have arms or legs or faces. Now they were lying down, making no sound.

The shop was just as it was in the daytime.

And then it began to grow more and more indistinct and other objects came more and more into view.

This was very strange indeed, for here was her bureau in front of her and the red chair, and the red table which were always in her bed room, and on the wall were her own pictures.

She really couldn't understand the change.

Had the musical magic waited her back here again?

But of one thing she felt quite certain.

She was sure that the C Major Scale and Miss First Piece were going to be very, very happy.

The Real Reason

Aunt—I feel quite provoked to think that you and your mother were in town the other day and went to a restaurant instead of coming to our house for dinner. Why didn't you come?

Little Nephew—The fact is, auntie, we were hungry.

Taxed Amusement

Jack—Mummy, give me a penny and I will stop crying.

Mother—But I like to hear you cry—it amuses me.

Jack (after some time)—Mummy, can I have the penny for amusing you?—Moustique, Charleroi.

Nobody Going

Teacher—No, Billie, you must not say "I ain't goin'." You should say "I am not going, you are not going, he is not going, we are not going, you are not going, they are not going."

Billie (very proudly)—Gee, ain't nobody goin'?

Foolish Question

Teacher—What author is known for his vocabulary?

Little Willie—Webster.

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WHY WE BEHAVE LIKE HUMAN BEINGS

By GEORGE DORSEY, Ph. D., LL. D.

Why Walking Is More Restful Than Standing

IN WALKING, each leg rests half the time. We tire standing because neither leg gets rested. The shoulder muscles which hold the head erect also ache from the strain in standing. As we nap in a chair the head nods.

Flat feet are not due to a giving way of ligaments; ligaments limit joint movement. Feet become "flat" when the muscles of the arch fail to support it; the arch breaks down. The result is a mid-tarsal joint. This is most likely to happen in long, narrow feet.

Short feet and high insteps go with large calves. To raise our body on our toes, we lift our heel. The toes are the fulcrum, the power is the calf muscles; the weight falls on the foot at the ankle joint but nearest the power at the heel. Hence the greater need for large calf muscles. But small calves go with long heel bones. As the foot is a lever of the second order, the long heel brings the weight nearer the fulcrum—that is, the toes. Hence "flat-feet" do not stop off their toes; the fallen arch destroys the lever of the foot.

We nod our head between skull and first vertebrae, or atlas; rotate, between atlas and second vertebrae, or axis. Both movements are limited by ligaments; otherwise the signal cord would be crushed.

The main business of the face is to hold the teeth-bearing jaws; eyes and nose moved in by accident. The infant's face and neck seem small because the brain is so large. Their real growth begins with the eruption of the teeth.

The skull is a fulcrum for the jaw muscles in chewing. Muscles to hold the fulcrum steady develop with the teeth. The neck grows larger. With the teeth all in place the neck reaches normal size, the rounded "baby-face" disappears; strong jaws, powerful muscles, and prominences and ridges on bones of face and head support the muscles of mastication. The tiny mastoid processes below the infant's ears become adult structures as big as thumbs, required for muscle support.

The first, or milk, teeth should be in place by the end of the second year. Meanwhile the transverse ridges in the roof of the infant's mouth disappear. The permanent dentition begins with the first molars in the seventh year; incisors in the eighth and ninth; premolars in the tenth and eleventh; canine and second molars in the thirteenth to fourteenth; third molars, or wisdom teeth, in the seventeenth to twentieth year.

Startling changes of far-reaching consequence mark the years of adolescence for both sexes. As these changes are both physical and mental, and as they proceed under impulses from the gonads acting as glands of internal secretion, they will be described in the chapter devoted to the endocrine organs.

After maturity the body's chief task is to maintain its equilibrium; produce enough energy and heat to keep up repairs and carry on. But, from ovum to death, the body never ceases to change.

Old age or senile changes precede natural death. These appear toward the end of a span of life which varies in different species. This span of life for some invertebrates is less than 100 hours; for some insects, 17 years; for some fishes and reptiles, over 200 years; for some birds and mammals, 120 years.

Longevity is not, as Weismann claimed, related to size of body. Some mammals live less than two years, some locusts seventeen. A dog is old at 20. I have seen a parrot 117 years old; it matured in its first year. A tortoise can live 350 years. No elephant known has exceeded 130 years. Nor does death "naturally" follow the reproductive stage; innumerable animals long survive their sex life. But every animal must reach sex maturity or its kind dies with it.

Old age is decrepitude; the body is worn out. The mechanism the infant acquired to walk with breaks down. The spine is not so supple, the cartilage disks between vertebrae shrink. This decreases stature—as much as three inches after fifty. The spine both collapses and "stoops with age." The knees are bent, the hip joints stiff. The muscles shrink. The body loses its natural fat. Folds of skin appear on neck and face. The toothless jaws atrophy and the mouth loses its shape. Cheeks and temples curve in.

The brain loses weight—in the last 40 years of life as much as three ounces. The heart is enlarged from over-action to keep the blood coursing through thick, hard arteries. The pulse mounts again. It was 134 at birth, 110 at the end of the first year, 72 at twenty-one. After eighty, it is 80. The lungs lose their elasticity, the walls become thicker.

Many women after fifty show a thicker neck, hair on the face, deeper-toned voice, more prominent cheekbones, ridges over the eyes. Their "feminine" traits are less feminine. It is as though the inactivity of the gonads permitted a return to a neutral condition, halfway between male and female.

Old age, senility, decrepitude; the body is worn out, it can no longer function. Death.

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